

# ***From the Source and Back The Cycle of a Spirit***

***A one day intensive with  
Ascended Master Bestali***

***April 6<sup>th</sup> 1991 - Seattle Washington***

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AKA Engtovo Bhodsvatan***

## ***From the Source and Back - The Cycle of a Spirit***

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1. Creation of a Spirit from the Source.
  - A. Splitting of polarity creating the Eternal Love Tie.
  - B. Soul mates or twins.
2. First life.
  - A. The Physical Illusion / time.
  - B. Dharma.
  - C. Create your own reality / life choices.
  - D. Freewill.
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  - A. Returning to balance karma.
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4. Levels of spiritual advancement.
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5. The goals of enlightenment.
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    - 1) Return to the Source.
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    - 1) The brotherhoods.
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    - D. The Master Incarnates.
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(Note: Bestali will often talk about Diane, his channel, (Since this channeling Diane has changed her name to Engtovo. When Bestali mentions Tatiacha in the channeling he is speaking of Diane's Higher Self) also in the discussion and making comments are Diane's brother Randy and her mother Beverlee.)

**Bestali:** Well, I know that they really want me to try and work with the outline, so we'll keep it here so it won't get lost. I think that what we're going to try to do, oh let's see... well I think it will be easiest for people if we take questions after each letter and not numbers because some of the numbers have lots of letters. We'll see how it goes.

So, you want to start at the beginning and of course the beginning, is creation, but when creation takes place, depends on who you are or what planet you're on, because creation is a continuous process, it's always going on. Right now there's new planets being created out there of course, and new souls being born and old souls going back to the Source. It's always a continuous circle going on. So, at the beginning when you're first created from the Source, the Source creates sparks that come out and they come into spirits. What happens is, it creates these sparks in groups, and the groups each have a purpose. Now it depends, you know, what is needed in the Universe and the Super Universe, what the purpose is going to be. Maybe it's going to create a group with the purpose of being teachers or something of this nature, or create a group that specifically is going to be planet builders and that's what their dharma is going to be. Now when the sparks come out, all the sparks in this group are soul mates. That's why everybody gets so confused about soul mates, because you don't have one - you have many, many soul mates, depending upon your group. Some groups are bigger or smaller, and these sparks split into two different polarities and these are what we call the Eternal Love Ties. This is what everybody seems to think the soul mates are...is the Eternal Love Ties. Or, sometimes, people have called them Twin Flames, or sometimes they're called Soul Twins, depends on who you're talking to. Everybody's got different names and it's all very confusing, that's why I made up a new one. Eternal Love Ties ... I like that one.

So, these two Eternal Love Ties are each individual spirits and they go about their own business, but they are always connected, they're always part of each other. Usually they choose to ... like let's say that if you're going to choose to incarnate on a planet, you're probably not going to choose to incarnate on two different planets because that would be difficult. You know that when you're going through the cycle of reincarnation you obviously want to have somebody that you're very close to here to help you through that. There's nobody that you're closer to than that. Now, the group of soul mates, they may choose to form smaller groups and incarnate on all different types of planets depending on what their dharma is. If they want to be teachers then they're probably going to be incarnating all over the place in the Super Universe and getting done with their physical experience so that they can come back together and be a more rounded group. This way they have more experiences to share together by doing that. Now, with me for example, Randy, Beverlee, Diane and a few other people we've met, are all part of the same group of soul mates that I'm from. We've known each other from the minute that we were created, so that's a pretty long time. Which is definitely ... what's the word I'm looking for... oh, an advantage, that's the word, when it comes to this channeling because Diane has complete trust in me because we've always known each other. That makes sense... yes? Also, Tohakwa who channels through Randy is part of our group. Some of us have finished the physical experience that we were going to finish and we've come back to spirit as Ascended Masters. Some are still working. Those of us who are in spirit as Ascended Masters are helping the ones who are still working so that we can get on to doing other work. Part of the work of our group is building planets, so that's part of what we do. We are one of the groups that helped build this planet, so you might say we have a vested interest in what's going on. We don't want to see it blown up, we spent a lot of time helping getting it built. I think I'm getting off the outline here.

**Beverlee:** Does anybody have any questions about soul mates or Eternal Love Ties? Is that understandable?

**Roy:** Within the Soul mate groups when they formed the initial groups... they basically stay together. Then do you have to wait until that whole group has reached a certain level before they can pass on again?

**Bestali:** Oh no. You're always an individual spirit and as such you have your own rights. The particular group, say for example, that we're part of, were birthed from the Source to work on one of the Super Universes that hasn't been started yet. There are going to be a couple of Super Universes built before we get to that one so you see we have a commitment to be around for awhile for our original purpose, but we always have the right to go back to the Source any time we choose.

**Roy:** Do we go back individually or as a group?

**Bestali:** Individually. Yes, as we choose. Of course, some people you know they've got the stamina to stick it out and go for the purpose. Other people after they've done their physical things that they're going to do in the density, they get tired and they just don't want to do that any more. They want to connect back with the Source. That's always the right of every individual spirit. It's also the right within the Eternal Love Ties. It is very common for one Eternal Love Tie to go back to the Source before the other.

**Ruth:** Do we go back strictly by choice, or do you have to go through a certain number of lives to perfect yourself before you can go back?

**Bestali:** We'll, the only limitation as far as that goes is once you've chosen to experience the density and get into the wheel of reincarnation, that you have to finish your wheel. You have to go through whatever experiences and ascend before you can do that. You can't just say in the middle of that experience ... Well, I'm going to go back now, because you make that commitment there. That's probably the only limitation. When you've committed yourself to a density experience you have to finish it up.

**Lois:** Do you ever, once you've gone back to the Source, do you ever leave the Source again and go back out later?

**Bestali:** Not as the same spirit. Once you're back with the Source you become part of everything again and there is always new souls being born and maybe one teeny little particle of the one that made up you is going to be part of another soul, but never as the same spirit.

**Ellen:** How do you know if you meet someone who's your Twin Flame? Is there always a knowing or sometimes could you not know at all?

**Bestali:** It depends on what you plan for your life. If you plan to come together with that person then you're probably going to have a knowing. If you just happen to by chance run into him in an elevator you might know, you might not, it depends on whether you plan to be together in any particular lifetime. Well sometimes you have resistance. When you meet Eternal Love Ties the bond is very, very intense... very intense. So sometimes it is what you call love at first sight, or something like that or sometimes there is instant resistance because of fear that somebody is going to get closer to you than maybe you've ever let anybody get to you. Either reaction is very normal.

**Sandra:** If you're in physical form together do you meet each other in this lifetime?

**Bestali:** If you choose to. It depends on your life plan what you choose to do. Some of the confusion too is everybody's out there and they say, well I'm going to meet my soul mate and everything's going to

be perfect, but as you know karma is karma. You can create karma with a soul mate or you can create karma with an Eternal Love Tie just like anybody else. The problem is also that with the intensity of feelings with the Eternal Love Tie, sometimes when you create karma with your Eternal Love Tie, it's harder to balance. It's because you come together and maybe only have a little bit and you're coming together to balance that and the feelings get so intense that you create more instead of balancing what you came to balance. Sometimes, you know, who might be your Eternal Love Tie in a given life might be your worst enemy ... the person that you hate the most on the earth. Maybe President Bush and Saddam Hussein. (Laughter) So has everybody made sense with that?

**Sandra:** So, the key is to learn to balance the karma instead of intensify it?

**Bestali:** When you're dealing with Eternal Love Ties .. yes. That's why a lot of times, right now, part of what's going on with the earth changes and things, many, many people are choosing to experience incarnations with their Eternal Love Ties because it's going to be a difficult transition. Having that strong bond is going to make it easier for people to get through the transition. That's why some people are getting their lessons so hard because they know where they plan to meet their Eternal Love Tie, maybe next year or something, and by the time they do that they want to make sure that they've learned all the lessons about expectation and about judgement and all these kind of things so that they don't screw things up. So, they're bringing all their lessons fast and furious.

**Lori:** When you come down into physical form can you be in more than one physical form at the same time?

**Bestali:** Oh absolutely. Yes. We're going to talk about that.

**Lori:** That's in some other section?

**Bestali:** That's in, oh no, that's in the third section. We've got one more section before we talk about that. Any other questions about the creation? All right. Well, okay, the next thing we're going on is about when you first decide you're going to experience density which is always a choice. You are always totally free to choose whatever planet you want to experience it on unless you're a planetary angel, but we'll get to that later. That's probably the only requirement that came into being from the hierarchy is that everybody is required to experience density at some point if they want to move into the hierarchy, now if you don't have any ambition to move into the hierarchy, then you can just never experience density. That's your right, but what happens is that the Source used to create souls for specific jobs. They came right from the Source and they were an overseer. There were many entities and there was Lucifer and there was Satan and they were two different entities. What happened with never having experienced the density, they were not able to empathize with what was going on, on the planet and they got a little bit corrupted. This planet was kind of an experiment and things happened related to that and that's what is still embedded within the soul memory of the people of this planet is the fear. They think that Lucifer or Satan or Devil or all these things, they've got all these fears and all they were was three entities who tried to play a little power trip basically. There's nothing to be afraid of because they went back to the Source. They're not even around any more, but still all the churches and everybody's still afraid of them, because you've got it in the soul memory.

So, that's kind of what happened with that and after that happened there was some talk that went on, and it came to the conclusion that anybody who was going to be in a position of overseer of a planet or of a galaxy or of a universe, needed to experience density, so that they knew what the people were going through and where they were coming from. Now anybody who wants to get involved in that system has got to experience density. Most souls, even if they don't choose, do that just for the experience of it. There are all kinds of things you get to do here you know. You get to eat, and you get to do all these things that you can't do in spirit, and you get to climb mountains and go swimming. All these things that

you can't do in your spirit bodies. So, there are a lot of things that you want to experience. So, you choose to do that and you never have any intention for staying for fifty or sixty thousand years, but that's a lot of times what happens.

**Myrtle:** Is the experience of density what we call the fall of man?

**Bestali:** Yes and no. I find that is one of the issues of perspective. Whether or not you consider it a fall. Now see, sometimes when you haven't experienced it before and you choose to experience on a planet that's maybe not in such great shape or something you definitely would consider it a fall because it seems so much more negative than where you've been before. But you know, when once you've gone through the process and you have the chance to look back at it, you realize that there were a lot of fun things and lots of great things about being in density. That's what's great about channeling. Maybe after you guys all ascend maybe you're going to want to try channeling because I get to come and borrow the body and eat and do some fun things, but I don't have to go through the karma. (laughter) So, that's kind of fun, I like to do that.

**Lois:** Can you create karma for Diane?

**Bestali:** Oh no. I wouldn't do that.

**Lois:** I wouldn't think you would want to, but is it possible to do that?

**Bestali:** If I were to do something that would create karma while I was in body it would have to be balanced instantly with me. I would have to do something to balance that right away. This is also true, you know, when the Master Teachers come in and those little Master Incarnates that are born into body. You would find, like if you knew one from the time it was born, they will balance their karma right away. If they were mean to their brother or something, the next day maybe they're going to fall down and hurt their knee, Things like that. They keep themselves balanced all the way through. So Diane would never be responsible for what I do. Except for maybe in the eyes of your law or something if they didn't like what I was talking about, they'd come looking for Diane because they can't find me. (laughter)

Basically every planet has a right when you build a planet to make choices. There are planets out there that aren't as dense, that have lighter bodies. There are planets out there that have systems other than the karma system. They work on how they relate to each other in different ways. There's planets out there who are telepathic all the time and never lose their telepathy and so they keep the group consciousness. Which on this planet you know that happens with the animals. Like the cat consciousness - they're always in contact, but, the people have chosen to be separated. There are planets where the people who are there, in whatever form they are in, are still connected. So they don't have the karmic problems because everybody knows what everybody's up to. You can't be sneaky, but you make these choices. The souls that are born make the choices on the planet they are going to be on; whatever they want to have, how they want to work the time, what kind of illusion they want, whether they want to be separated or connected. All these choices are made before the experience begins. If they want the karma system .. which this planet chose to have the karma system obviously. At the beginning they chose to be not so disconnected as you are now. That kind of happened over time. So now you're trying to get back to the way it was .. being more connected.

The issue of time is always one that is very confusing and we don't talk a lot about it because I know there's a lot of other entities who have talked a lot about it, but I guess that's the way I kind of feel about the issue of time, is we could spend all day just trying to get everybody figured out about how time does work and the fact that there is no time in spirit. We could spend a lot of time on that and you could probably spend your whole life pondering how all that works instead of experiencing other things and

then you're just going to get back to spirit and you already know how it works anyway. So, really all you need to know about time, is that you've chosen to have it. When you're here, you experience it and when you're in spirit you don't. You know, anything that applies beyond that, like if you're a seer and you want to see into the future and things like this, well those are things that you're going to learn from your Higher Self. I'll tell you as much about that as you want to know. We could spend the whole day talking about time all by itself, and how things exist at the same time. It's very confusing to your minds, you know, because you've got your minds programmed to think that everything is like this ... everything goes in order. So, it is almost sometimes impossible for your minds to conceive the way it really works.

**Ida:** So when you make an appointment, Bestali, to speak here at one o'clock, do you have to come from somewhere in the universe to be present?

**Bestali:** Well, basically, I've got an advantage where that's concerned and it's that I'm Diane's personal guide. So, I'm almost always with her although she has another guide also, so sometimes I get a break. I take off for a little while. I have my reference of time on this particular issues because I know when Diane's leaving the house. Like if I'm off doing something, then her other guide Atara will say ... Well, Diane's leaving the house now so pretty soon she's going to be at Ida's.

**Ida:** Well, what about those of us who channel occasionally. Are those entities always available? The great fear is that you will come to open your mouth and they won't be there.

**Bestali:** Well, you know there's basically nothing that we do in spirit pretty much that can't wait. So, you know, if you're doing something and you're going to channel and you call to somebody and say I want to channel now, well there's nothing they can't put on hold because we don't have any time. Anyway, there's no deadlines.

**Ida:** I'm missing the point. So, it's always possible to .... is that what you're saying?

**Bestali:** Oh yes. Pretty much. Depending on, there may be a particular entity who will just say, "I'm not willing to". But it won't be because he doesn't have time to.

**Ruth:** What are the other things, if I may ask, that you do when you're not with Diane?

**Bestali:** Oh well, we've got all kinds of what we call spirit schools, and I know that all of you have experienced those. You have many dreams of being in school, and you know, we work with the spirit schools and I do some work on building some planets and you might say I'm kind of a consultant sometimes. I also have a teacher in spirit ... his name is Sentilitti and I'm his apprentice. So, we spend much time together, when I'm not with Diane, learning the things that he has to teach me cause he's very old.

**Ruth:** Is any rest necessary?

**Bestali:** Oh no. You don't need to rest. You can rest if you want to. If you want to choose to not do anything, just be still, you can do that also. There's places to go to do that. There's planets ... in this particular system you have here, Venus is one of those planets where people go just to be for awhile. Sometimes, you know, when you do that at night .... sometimes when you get your best night's sleep, and you wake up feeling refreshed, it's because you didn't do anything. You just went to Venus and you were just there.

**Ruth:** What about people who just pass over who have been real ill, maybe tired or whatever?

**Bestali:** Well, they always go through a process of evaluating their lifetime and that's a natural process. They work with um .... oh, depending on what they've done in their lifetime, sometimes it's just between them and their Higher Self. Sometimes they will come before what we call a Council of Thirteen, which is twelve volunteer souls from the White Brotherhood and one Ascended Master, and they will help to evaluate the life and especially many cases where, let's say, you have somebody down here on earth who had a life plan ... oh maybe they planned to be a doctor or something. Oh, they started medical school and they dropped out and maybe they ended up in jail, and all these other things happened, and they used all this free will instead of following their plan. Then that's definitely a case when they're going to sit with the Council of Thirteen, because the Higher Self is going to be kind of upset. The Higher Self was planning for the potential to come down here and balance out some karma and when they use free will they're sometimes just creating more instead. Of course, anything that you do down here, when you integrate with Higher Self, is all the karma of the Higher Self. So, you see, it's kind of like a negotiation board. It's where you work out the discussion between the two. Some Higher Selves you know, of course it depends on the development of the Higher Self also. Now, if the Higher Self is very developed, well, they're just going to take back the potential and say it's all right, no problem, you know, we've got time to spare, we'll be fine. Some of the Higher Selves especially those that are new to density can get upset, just like people on earth can get upset.

**Bill:** You were describing your activities for example with your teacher and what not, and it sounds like you're in a process of going from one thing to another...

**Bestali:** Always.

**Bill:** Much as we are in the process of going from one activity to another. I've listened to the discussion of no time for a long time ... long time? (laughter) And it sounds like you're saying that you have the same process, but it's without any element of timing.

**Bestali:** Absolutely. You know things are ... like if I think back on the things that I do in spirit, there is sequence in the fact that lets say I've had a few conversations ... I had one conversation before I had another conversation, but there's no time element on them. There wasn't a conversation two months before the other, just one came before the other. Maybe I talked to Sentelitti, and then I talked to Diane, and then I talked to Sentelitti again.

**Lori:** What's the difference between dharma and karma?

**Bestali:** Okay. Well, that's the next thing on the list... you led right into that eh? Basically, dharma is what you're here to do, what your path is. Your dharma is... oh, like for this particular group ... I have to say I don't think there's anybody in this room that their dharma in this life wasn't to teach ... to teach and to heal. It's what your ultimate goal is for the life. Obviously all of you had the goal of working out some karma and, you know, opening up more to God. But, this particular group has come to help others open up more to God. So that would be your dharma.

Now what karma is, is basically the easiest way to say it is cause and effect. That's the issue of, you know, if you treat somebody really badly then you're going to create an experience for yourself to know how they felt. That experience may be in another life, it may come directly from the same soul or you may create that experience in a different way. What it all comes down to with karma is forgiveness. Because you carry with you all this guilt for the things that you've done. You know when they say about the Law of Grace ... and the Law of Grace basically is: wisdom erases karma. Now, the only wisdom that really matters as far as that, is forgiveness. If you were able to, lets say, at the end of this life and you went back to spirit and you integrated with Higher Self and your Higher Self said "okay, I'm ready to forgive myself for everything I've ever done on this planet", you could ascend right there. You choose not to forgive yourself because you think "I can't forgive myself, I've done that awful thing, and that

awful thing and I've got to pay for it". That's all self imposed. Nobody puts it on you. You choose it, and that's why some people ascend quicker than others. They decide well, to heck with this, I'm going to forgive myself, I've had enough. Sometimes they go to the other souls involved that they did things to and they say "well, it's going to be easier for me to forgive myself if you're willing to forgive me ... can you forgive me? Well, most souls are going to say of course I can forgive you. We were in density, we're stupid, that's why it's called density. (laughter)

**Randy:** Can you relate karma to the first life experience?

**Bestali:** Well, that's when you all get trapped of course. Because, you come into your first life and you're full of idealism, I guess. You say, well I don't have to get trapped into this karma thing. I can experience a life in density and just have a good time and I can swim and eat and do all the things I want to do and just do it all in one life and that's fine. Then when you get down here you realize that it's much tougher. Which is exactly the reason why people were required to experience the density. If you've never experienced it you have no idea of how difficult it can be. Of how disconnected and how alone you can feel in a planet filled with millions of people and you feel alone. That's kind of silly, huh? But that's the way it is and it's very difficult. That's where you get trapped in. Because, once you're down here and you feel separated and you feel alone then you act out of fear. When you act out of fear then you're going to create karma every time. Like clockwork. fear .. karma .. fear .. karma.

**Sandra:** Where does fear come from?

**Bestali:** Where does it come from? That's kind of an interesting way to phrase that question. It comes from a lot of times, initially in your first lives, it comes from the fact that you've never experienced something before so you don't know what to expect. In lifetimes later it comes from the fact that you have experienced that before and you do know what to expect. (laughter) Or you're afraid that it's going to happen the same way, even though it doesn't have to.

**Roy:** Isn't this where you need to get back to, to eliminate the fear, you need to get back to the first time you experienced that and look at that and then say, well fine that's the way it was then, I can now look at it totally from a new point of view and drop that one?

**Bestali:** Oh absolutely, and then laugh at it, at how silly you were.

**Roy:** Yes, that's the easiest way to get rid of it.

**Bestali:** Yes. You know the easiest way to look at it is to get in touch with Higher Self, because you know the Higher Self. As you're getting more and more advanced, and everybody in this room is quite advanced, you have more and more of that perspective. Because the Higher Self is always looking back at that. It's only, you know, when you come in and you've got a cellular memory and everything within your body that remembers things from past lives and so you get caught up in that also. So, when you create that connection with the Higher Self well then you can say, well what's this all about, please explain this to me, and of course they will explain it to you. Then they can help you to release it. That's why it's so important for everyone to get in touch with Higher Self, because they know what it's all about. They remember every lifetime, and some of you don't even remember when you were children. They remember when you were children. You can ask them what happened when you were one or two. They'll tell you.

**Sandra:** Is that why some people prefer to channel their Higher Self instead of a spirit guide?

**Bestali:** Oh yes. That's wonderful. Diane does that with her Higher Self and Randy and Beverlee also. Sometimes for each other or one of the things that their Higher Selves do the most, or Diane's anyway ...

Randy's doesn't like to channel very much, he doesn't like the density. But, Diane's comes in and does energy work, healing work. Because she remembers sometimes ... now Diane is doing better on that aspect, but that's really a good example. Because at the beginning Diane never saw herself as a healer, and so, when she went to do healing work or energy work, she had all these blocks that didn't let her tap into the information. Now, when the Higher Self comes in, she remembers when she was a medicine man, and when she was a medicine woman and a shaman and a sorcerer and all these things and maybe she was a doctor and a nurse and she has all these memories, and she knows how to tap into all those lifetimes so she doesn't have the limitations. So, when she came in to do the energy work, it was no problem. Now over time, the more that she came in and did it, the less that Diane's mind blocked. Because the more that the mind begins to realize, oh, we know how to do this, we've done this many times. Okay, no problem, we can do that. So that's the advantage of channeling your Higher Self, is it helps you to get rid of some of your limitations.

**Sandra:** Your Higher Self can come in a voice like yourself right?

**Bestali:** Oh yes. They can choose to portray themselves in any lifetime that you ever lived. So, you could be a woman sitting there and your Higher Self could channel through you as a man or as a male presence, however you want to say that.

**Lori:** When you pay attention to your intuitive feelings .... your gut level feelings, are you in tune with your Higher Self?

**Bestali:** Absolutely. Your Higher Self and your guides both use that, that gut feeling. But the stronger it is the more likely that it's your Higher Self because they've got the ability to connect with you more than your guide does. Your guide has to exert more effort to get your attention than your Higher Self. Because you've got a grid work that connects you with your Higher Self all the time. Some people ignore it, and that's their choice. Then they get themselves into trouble experiences and then, oh, they complain. They get all upset because this happened or that happened. It's because they ignored their gut feeling. Their Higher Self told them don't go out, you're going to get stopped by the cop. But they went out anyway and they got stopped by the cop and then they're all mad.

**Sandra:** It must be comical to observe from up above, eh?

**Bestali:** Oh, we have a good time... yes. (laughter)

**Beverlee:** They roll on the floor and laugh at us .....

**Bestali:** But you know... it's a lot more fun... you know, when you've experienced it before. Some of the entities, like the Deva spirits and things that work with the Angelic Kingdom, that are here to work with the earth and the weather, and things like this. Well, they never laugh at you. They don't think it's funny. Sometimes they get upset at us because we laugh. But we say, well, we've been there, we know what they're doing, that's why it's funny. Because we did it too. So, if you're looking for some sympathy, find yourselves some Devas to talk to. (laughter)

**Rolland:** You mentioned the memory of fear at the cellular level ... can that be ... well I know that can be released to physical therapy, physical manipulation. Is there a way that it can be released other than that or does it have to be also through a physical, or only through a physical way?

**Bestali:** Well, basically, you simply have to make the choice. Sometimes when things are very stubborn and they don't want to leave, than maybe you need to find out what they are so that you can make the choice. Because, you know, they want to stay. They're there to teach you something, if they don't want to leave. So, you find out what they are, and when you find out what they are, then you know

what they have to teach you, and then you can let them go. You know the choices were made between you and Higher Self of what parts of the energy, what parts of the consciousness you were going to come into with the particular lifetime. What was your focus for that lifetime and what past life memories were going to urge you on to following that path. So, everything that you bring with you has something to teach you. Something to tap into, and some of it is negative. You know a lot of times you have your spiritual lives, like right now you're living a very spiritual path and you've had other times when you've lived spiritual paths where many of you have been persecuted for it. You have other ones that were very peaceful lifetimes. Well, the peaceful lifetimes are easier to bury and it's the ones where you got persecuted that are the ones that come to the surface and create the fears. Because you say, "oh no, if I follow this path, they're going to kill me or they're going to do this .... they're going to get me again", and it gets intensified if you happen to come into contact with somebody who was the one who killed you. Which a lot of times you choose to do to bring it to the surface because you want to deal with the issue. You see a lot of that going on about this time because people want to learn these things very quickly right now, before the earth changes.

**Roy:** As we become more and more sensitive, when we meet someone, then, we will realize the connection we have with them... that this person either you killed or they killed you. You will recognize this and have to meet it and go through it?

**Bestali:** Well, you see, that's the good point about it... once you recognize it, when you get yourself to the point where you can meet somebody and say, all right, I chose to come into contact with that person because this and that happened, then you don't have to go through it, because you've chosen the wisdom.

**Roy:** Once you recognize it, then that's all you need to do?

**Bestali:** Absolutely! That's why wisdom erases karma. (Thank you)

**Sandra:** In the ... dimensional light bodies, if you put more light in your body and everything it also cleanses you as far as your karma right? and fears that are in yourself?

**Bestali:** It cleanses you as far as your fears. Now if you use that light to wake up your consciousness, then you're going to be helping your karma also. But the other thing that it can do is that it can leave you very ungrounded. So you need to, as you're adding light into your body, you need to add some light and figure out how to ground yourself and then add some more light and figure out your grounding and go back and forth, otherwise you're going to be hanging out of your body up here and not be able to function in your normal activities... Say if you have a job or something like this. Most people don't want to hire people who are space cadets. (Laughter)

**Myra:** Is it possible for a time to happen in your physical life where you have finished your karma and you just hang around because you want to be here?

**Bestali:** Yes, that can happen. There are people who will choose to do that if they know they've only got a little bit left, and they're going to balance a little in that lifetime. They'll come in and they'll maybe need to balance, and they're going to balance it through one relationship and basically, when they get done with the relationship, they're balanced. They may choose to stay around for awhile. But the ones who do are usually ones who have it planned out very carefully... because once they've gotten to that point, then, they want to make sure that they've created their programming in such a way that they do like the Master Incarnates do. Where if they do anything, it's going to be instantly balanced. Otherwise they're going to be stuck again. Because there have been many people who have come and at one point in their life they've gotten to a point of balance, but then they've created more. Then they're real upset when they come back to spirit after that life is over. They say why didn't I just go back to spirit when I was thirty-seven, or however old they were when they got it balanced.

**Myrtle:** Please speak a little more about balancing. You mentioned that earlier, when you said the young master, a child for example, who would hurt his brother or sister would balance that karma by bumping himself?

**Bestali:** Yes, usually you know... if we're talking about a Master Incarnate ... they've already learned the lessons of density. So they're not likely to balance things by the other person. Where normally most of you, like say... lets say, if I killed Randy .... most likely we'd come back in another lifetime and we'd have some real awful relationship to balance that out and maybe he might even kill me, if he loses control. You never plan to kill somebody. But if he loses control maybe he's going to kill me. Now with the Master Incarnates, they've already learned those lessons so they balance their karma in ways other than directly with the person. They never balance it directly. Like, if I was a Master Incarnate and I did something mean to Randy, we wouldn't balance it by Randy doing something back to me, because he's not going to want to be in a position of gaining karma by hurting the Master Incarnate. Because obviously if the Master Incarnate is here, they're here to do a path, and if he goes too far and kills the Master Incarnate, then well, he's really up the creek. So, usually they would choose, he would just say well, you know, you've got to balance it on yourself. That's kind of an unspoken law almost. If I did something to him, and I was a Master Incarnate, then I would create a situation for me to balance that without having to deal with him. They usually do it with physical things because most of the things, especially uh... most of the Master Incarnates that come in, they come into spiritual families who know the teachings and things like this, so they're brought up in that way. So, most of the karma they do create is real minor. So you know maybe they just got mad and kicked their brother in the leg or something and then they skin their knee. Little things.

**Roy:** Are these the accidents that happen to people and this is a balance that they have brought about to themselves to ease something else? If someone breaks an arm or has a car accident and is hospitalized for a long time ...

**Bestali:** Sometimes, it's a balance and other times people choose to have those experiences on purpose, let's say, to strengthen their character. Like lets say if you know that sometime late in your life you're planning on going through something that's going to be very difficult. Maybe you think, well, if I'm going to go through that difficulty I need to be very strong, I need to be mature, I need to be responsible. In order to ensure that I'm going to be all those things that I need to be, when I'm twenty I'm going to get in an accident and get paralyzed and I'm going to have to work my way back to being able to walk again and it's going to take me four or five years. That's going to make me very, very strong or break me. That way, you know, if you can get through that, then later on in life when you've got the difficult situation, it's not going to seem so difficult. You're going to have the strength to go through it.

**Roy:** So, it's actually a strengthening process then?

**Bestali:** Yes. You know a lot of times, especially you know later in life, like let's say you're going to choose to have an experience where you're spouse wants to die of a long, lingering disease or something like this. Then maybe that's really an experience where you want to strengthen your character before that. Because that's going to be very difficult for you to go through that with your spouse having that experience. You're going to have to have a lot of strength for that. Things like that.

**John:** To go back to what you were saying earlier ... regardless of the act that you perform, isn't it possible if you are aware, say as we are in this moment, that we can at that time choose grace through a realization of our action and realizing that this is something that you really didn't want to partake in, but you did and so therefore, you forgive yourself and through that process .....

**Bestali:** Exactly.

**John cont....** you're done with it, therefore eliminating any future karma?

**Bestali:** Absolutely. That's why I call it wisdom erases karma. Just for that.

**Rolland:** Mafu, has said that karma is a no thing. What do you suppose he means by that?

**Bestali:** Well, basically it is a no-thing. Because it's not a thing that exists, if you didn't create it for yourself. You choose it.

**Rolland:** Through guilt?

**Bestali:** Yes. If you chose to never have any guilt then you would have no such thing for you as karma.

**Lori:** There's quite a few convicts though that they seem to have no guilt about anything. Don't they have some karma to deal with?

**Bestali:** Well, you see, they maybe don't have guilt as a potential, but that doesn't mean the Higher Self is not going to. Oh ... OK.

**Ida:** There was a young lady who called ... This kind of fits in ... her daughter had an accident and has been in a coma for seven years. A long time, and it seems that the mother is very caught up in this and I was wondering whose karma is which?

**Bestali:** The mother's. It's the mother's karma because her daughter is not even in her body anymore. She's still got a lifeline to it that keeps it alive, but she's wandering around in spirit. So it's the mother's lesson, the family's lesson.

**Ida:** So, could you tell a mother, in that case, that she could walk away from that?

**Bestali:** Oh absolutely. If she wants to make that choice. It's whether or not she can live with that choice.

**Ida:** Yes, I think she feels that the child wouldn't be properly cared for where she is if she didn't check her regularly every day.

**Bestali:** But what are they caring for? They're caring for basically an empty shell. Because once the mother gets the lesson, well then, the body's going to die. Because the daughter won't have any reason to keep it alive. It's just for the lesson of the family.

**Ida:** Well, what is the lesson?

**Bestali:** Well, basically it seems to be that she feels from a past life .... the daughter ... feels that the mother deserted her. So, basically that's now what she's doing to her, she's deserted her.

**Sandra:** Isn't that creating karma? The daughter creating karma?

**Bestali:** No. Because it was prearranged. Before she was born they talked about how they wanted to balance that, and they decided that would be an acceptable way and they planned it all out.

**Rolland:** You started to talk about balancing karma, and there's an area on this handout called the wheel of reincarnation .... would you explain what this is? The wheel of reincarnation and the cycle of 84.

**Bestali:** Well the cycle of 84 is basically a term that some entities chose to put on it, but all it is, is just the cycle of balancing or the cycle of forgiveness, of starting to erase your karma. You can tap into that on your own because that has something to do with the Ra, what you call that, the Ra energies that we talked about before. It has significance to them. Kind of funny actually.

**Sandra:** So, if you humble yourself to the point to where you can forgive, because you can understand that each one of us is not intentionally wanting to hurt one another, but we're just going through our own karma, then we can really get rid of a lot of our own karma by doing that, right?

**Bestali:** That as well, yes, and you help them too, because if people do something that affects you at the time, the quicker that you can forgive that and let that go, the easier it's going to be for them to let that go and then you're both better off.

Lets see, what we didn't cover on here. Death, and Free will. Well, free will... basically what happens is you've chosen for your planet, you wanted to have free will. Which means that once the Higher Self creates a being to come down here and experience in a body, it wanted that being to be able to be free to create for itself. So, in spirit before that body is born, you choose a path, you choose who you want to come in contact with, maybe who your mate's going to be. It depends on who you are how much you plan. Some people plan in exacting detail every moment of their whole life. Which is kind of dull, huh? Leaves no time to be spontaneous. Other people just kind of do a general outline and just kind of go for it. Well, what happens is that once you get here you've got free will to do anything you want. You don't have to follow that path at all. You can walk a totally and completely different path do anything that you want to do. Now the problem, the negative side of free will, is that normally if you're not walking your path you're getting in more trouble. It's most common. The positive aspect of that is that you can surpass what your path was going to be. You can go far beyond your path to greater heights. You could take a life where you were just planning on maybe balancing ... maybe, let's say, just for example say that you have that much karma, maybe you were planning on balancing that much, you could surpass your path, balance it all and ascend in that lifetime. It gives you the ability to do that. You don't have to stick on the path. But most people .... the more ... it worked very well at the beginning before you started getting so dense and so dense. Then as you got caught up in the density and you forgot about spirit and you got caught up in all your religions and all your limitations and stuff then most of the time when you used free will it was used in a negative way. So you've got to get back to using it in a positive way, which is kind of difficult in the current state of your world.

About the only thing there is to say about death is that it's just a transformation. You know everybody gets all worried about death or preserving a particular life body or they get upset when we talk about earth changes sometimes. Well, all these people are going to die, they say, well, that's terrible, all these people are going to die. They're all caught up in what the body is all about, but it really doesn't matter because it's only a transformation, it's only one body. You've had lots and lots of bodies and you're going back to your normal place. You're normally in spirit. That's where you live and that's your normal state of being. This is just an experience. So you lose one body .... who cares!

**Sandra:** Religion seems to be restrictive in one way... who and why created religion .... took their free will and created religion for us?

**Bestali:** Well, basically, groups... it was not ever really one person. Because most of your religions were founded upon the teachings of Master Incarnates that came to teach. They taught and they taught great truths, and then somebody along the way would decide ... well, those truths were self empowering. They empowered people, and if people are self empowered then the one person who wanted to be a leader couldn't control the people, and so they had to change things in order to make it a situation where they could be in power. So, that kind of gradually happened over time. So all your great religions, and you have many are all founded on a core of truth. It's just finding the truth within it that's sometimes

difficult. There are people who are devout in their religions who have found that core of truth, and they just simply, I guess, choose to put up with the bureaucracy involved because they're comfortable with the truth they've found.

**Roy:** Where did the fear of death come from, because initially we were aware that it was just a transition. So, somewhere along the line would we move from knowing to unknowing?

**Bestali:** Well, there's the knowing to unknowing and there's also the issue of, as you got a little further into the unknowing, you started doing more awful things to each other and so you started to have unpleasant deaths. So you start to, you know... nobody wants to be murdered, nobody wants to... You know it used to be, that when you came to the experience, at the beginning, you had your experience and when you decided well, I'm done now, you went to sleep and you just left your body and that was all there was to it. You died peacefully of old age or you died of natural causes. Then you decided well, that there was a lot of drama to be played out in the way you chose to die and you started to have death experiences that weren't pleasant... Well, it's never pleasant to be drowning and gasping for air. That's not a pleasant experience. You start to develop this fear and the fear is not actually of what happens after you die, the fear is how you're going to die. But you place it together.

**Roy:** So, it's basically self imposed then?

**Bestali:** Absolutely.

**Randy:** You also deal with the issue of religion in their statements like... heaven and hell... and if you feel guilty of doing things, you feel, "oh, I'm going to go to hell for this and that's not a wonderful place, therefore I fear death".

**Bestali:** You don't want to die until you've convinced yourself that you've made up for your wrongs, so you'll go to heaven.

**Sandra:** There's no such place is there... as hell?

**Bestali:** Only, if you create one, which you're capable of doing. If you firmly believe in heaven and hell and you firmly believe that you're an awful sinner then maybe after you die you're going to go to a hell for a little while that you've self created until you figure it out or until your Higher Self finally gets through to you ... saying you don't have to do this anymore... come home. Kind of like ... what's that funny movie ... they say ET phone home. (Laughter)

**Lori:** Has everybody here already decided how they're going to die?

**Bestali:** Oh yes.

**Lori:** We've already chosen how it's going to be?

**Bestali:** At this particular time you know some people... it used to be that people kind of said, well, you know I've got my path planned until I'm maybe 65 and then after that we're going to let what happens, happen. But at this particular time with the earth changes, it was very important for people to choose at what point they wanted to go and how they wanted to go because people were going to go in big groups. So there's a lot of planning involved in that you know. You've got lots of plane crashes where twenty people are dying all at once. Well, all those twenty people had to make that choice. Not to mention all the families of all those twenty people had to be involved in that choice and how that would fit into their life plans. So there's lot's of intense planning around this time when people are going back in such great numbers. So, you all know.

**John:** Well, then also with free will, at some point in life we may decide we want to do something different as far as that time suggestion for dying.

**Bestali:** Yes. You're going to have to get back to connecting your group consciousness before you make any huge decisions that affect your whole planet, but, you know, that's the advantage of the earth changes happening and everything. The planet's going to allow you the opportunity to do that, and then you can choose to change your system. Cause, it's about time. You were stuck in this for a long time.

**Ida:** Would you say it's a truism, that those who have reached a certain level of spiritual consciousness, don't seem to have difficult deaths?

**Bestali:** For the most part.

**Ida:** Yeah, seems to me.

**Bestali:** Unless they're choosing to leave a lesson for somebody behind. Which being the great teachers that you are you often like to do that. Sometimes the best teachers are the ones you don't know are teaching you, huh?

**Sandra:** If you die of a disease, let's say, does the disease get in your spirit, that when you leave the physical form you go somewhere to heal?

**Bestali:** Oh no. You create the disease. Your spirit creates it for your physical body and once your body's gone that's all there is. You have the memory of it, but that's all.

**Sandra:** Do you right away go, where you're supposed to go, to settle?

**Bestali:** Hopefully. You know, there are some who don't, that are confused when they die ... the wayward spirits. That's how they become wayward and sometimes it depends on what their belief system was, and so maybe they die and they don't know their dead, or they don't know where they're supposed to go, or how they're supposed to feel, or who they're supposed to connect with. A lot of times, you know they think, oh, well, there's somebody still on this plane that they feel that they haven't finished something with, and so, they stay and they try to get in touch with that person, and that person can't hear them, and they get frustrated. So, the start doing things in houses like, you know, they think well, maybe if I can get these keys on this table to disappear, maybe I'll get their attention. People you know, they get their attention if they know that something's going on in their house, but they never connect it to who it is or generations go by and people change and maybe the person that they were trying to get the attention of died a long time ago and knew where to go and then they're just lost here and they wander around and they don't know how to get in touch with people. You know, they're still trapped within the physical layer of density when they do that, so those of us in spirit can't do anything to help them. They can only be helped by people on earth. That's why it's very important, the people who work with the wayward souls, tell them where to go. Because if there was anything that we could do to help them, they wouldn't be there at all. We would have helped them a long time ago.

**Sandra:** You just tell them ... go to the light?

**Bestali:** Yes. That's why people are doing important work here helping the wayward souls go back.

**Sandra:** So the Higher Self cannot have any influence while they're in that particular stage there?

**Bestali:** The Higher Self can continue to try to get in contact, but they can't go after them. Now, one of the things you see, it's kind of been a lost art ... when all the people of the planet were part of tribes ... earlier on, there was always a shaman of some type or other, or a medicine man or witch doctor, or whatever you want to call it. That person was always trained to walk in the dream time... To leave their body, and if somebody had a difficult death, for some reason, and was confused, they would talk to them and then they'd tell them they need to go to the light, and when they had them convinced they'd take them by the hand and they can take them to the light. That's kind of a lost art now, because you know most of the tribes of the world have kind of lost their identity, and they're not teaching their apprentices, they're not having apprentices, and they're losing their shamanistic abilities. Most of the teachers that are coming back now, like the people in this room, have all been shaman before and so you need to tap into that knowledge and bring that forth now. That's why you have prophecies and things by the Hopis that talk about the rainbow people... that basically all the ancient Indians coming back in all different colors of people, and that time is now. All the other prophecies have come true. The only one that hasn't come about yet is the pale prophet and we'll talk about that later. there is a prophecy about the return of the pale prophet.

**Ida:** What about exorcism?

**Bestali:** Well, that's kind of interesting, because, Diane, and Randy watched that program last night ... did you watch that?

**Lori:** Yes, and the Catholic priests didn't even agree with each other in the later part of the program.

**Bestali:** It was kind of an interesting perspective. You know, that when it was first going to come on, I had a good laugh about the whole thing because Diane's first reaction is, "oh, they're going to do exorcism", and immediately she had a reaction of bringing forth a past life of having been an exorcist and having had bad experiences. She just kind of cringed and thought, "I don't want to watch this program". Then as the program went on and it started to show, she said "oh, well this person is just channeling wayward spirits who are confused ... big deal. They just needed to send them back to the light". So it was a lot of hoopla and everything over not much stuff.

**Ida:** What about people who hear voices that tell them to murder other people etc...

**Bestali:** Well, you see, wayward spirits, the ones who get trapped here often can be like that. A lot of times, you know, murderers and things like this are not exactly people who have a strong belief in God, because if they did, they wouldn't want to take somebody else's experience. So when they die themselves, they don't know where to go, they don't go to their Higher Self because they don't believe there is a God. So they wander around within the earth plane and everything, and of course they're still the same people they were. They're still murderers. So maybe there's somebody that they decide they don't like for some reason, maybe they're going to try to talk somebody into murdering that person because that's the way they know things to be. That's why it's important to get them back to the light. That's the thing that was not good about the exorcism. Because basically they managed to get the spirits to leave the girl alone, yes, but they didn't send the spirits back to the light, they only got them to leave the girl alone. So they're still wandering around and they told them not to bother anybody else, but you know, there are a lot of Higher Selves sitting up there that want their potentials back, because they can never ascend until they bring their totality of themselves back together. So they're kind of stuck up there, hoping that somebody is going to help their potential come back to them.

**Sandra:** So it is very important to send them back to the light?

**Bestali:** Oh yes.

**Sandra:** Do you know ... do they listen or do you just have to keep telling them till you convince them?

**Bestali:** Depends. Some souls are just confused, and if you tell them that they have guides and Higher Selves and loving people waiting for them they'll go. Because all they needed was somebody to tell them and they've been wanting to not be where they are. Others are bound and determined to stay here and you could argue with them for weeks.

**Lori:** So how did that girl that they showed last night ... how did she attract those?

**Bestali:** Well, some people are just very open and sometimes you choose to have that experience just for the experience of it. Or other people who get involved in spiritual pursuits and things, some people just open up very quickly and they don't know that they need to protect themselves. They don't know that they need to ... well, like you need to give your guide permission to protect you in that way. Because once you've opened up, you've opened up and it's not within the guide's right to say ... oh no, you can't bug her like that. You opened up, you've allowed it and you're a God and you have the right to create. So you have to give your guide permission. You have to say all right. You know Diane when she finally figured this out, she had a couple experiences where a couple of wayward souls talked to her when they were driving down the road and it really upset her. She said Bestali why is this going on. I said, well, I can't do anything about it unless you give me permission. So, she gave me permission immediately and she hasn't been bothered since. Because now I screen everything and nobody gets to her unless they go through me because she gave me permission to do that.

**Lori:** Oh, okay, So was that a case of possession that they showed last night, or what is it?

**Bestali:** Oh yes, there was entities there. Now I guess where the difference lies is ... we just say that they're just earth bound entities who are confused, maybe they didn't have pleasant lives and they're even more frustrated in the fact that they can't seem to connect with people now. They're in the same space. The difference being that the Catholic Church is seeing them as being workers of the devil. I thought it was kind of interesting that, as Diane was watching, one of the comments that the priest made is "you need to leave this girl or you're going to burn in hell". Well, if they're workers of the devil, aren't they already from hell? (laughter)

**Ruth:** Was Diane watching this as Diane and you beside her in spirit. Did you watch this also?

**Bestali:** I was with her yes. I thought it was really interesting so I wanted to see.

**Ruth:** You could see it in spirit?

**Bestali:** Oh yes. I see it in a different way. I can hear the voices and I see grid work. I don't see the way you see here because you see the complete illusion. I see the grid work that makes the illusion.

**Sandra:** Is that how you see us also? As grid work or do you see us?

**Bestali:** When I'm not in body ,yes. When I'm using Diane's body then I'm using her eyes and they're trained to see the illusion. So that's kind of fun about being in body too, because you see things differently. The nice thing is, that from the perspective of illusion, things are much more beautiful. Mountains are much more beautiful, the planet is much more beautiful than just looking at the grid work.

**Lori:** Where does Diane go when your using the body?

**Bestali:** Most of the time she goes off with her Higher Self and they go ... sometimes they go just to be together, other times they go to school. Every once in awhile she goes with my teacher Sentelitti who will take her someplace to teach her something. They always make good use of the time.

**Joan:** Bestali, recently we've talked some about the dark energy. Could you go back and from the Source and creation ... where does that fit in?

**Bestali:** It doesn't fit in with creation.

**Joan:** Does it just belong to this planet, or is it all over?

**Bestali:** Oh it isn't at every planet. It's part of when you get more and more dense you see. You're becoming ignorant and all that dark energy is, is ignorance of light. So the people who have forgotten everything, forgotten that there is a Source, forgotten that they've got a Higher Self all these things ... those are dark entities. They're just ignorant.

**Joan:** So they've just propagated that energy so that it affects more and more people, more and more entities here?

**Bestali:** Oh yes.

**Lois:** What happens when ... they said that she would levitate last night if they didn't tie her down, or has in the past ....

**Bestali:** Well, anybody can levitate, but you choose not to do so.

**Lois:** Oh, so these wayward souls basically were the ones who were propelling that?

**Bestali:** Oh yes, oh yes.

**Lois:** OK Bestali

**Bestali:** That's what they've learned ... they've come into contact .. What happens when they're lost and confused is that they come into contact with other lost souls who are in the same space, and some of them have been around for thousands of years lost. They've learned lots of things by watching people. They've learned how to manipulate some energies and things like this and so that's one of the things they've learned to do. They've learned all kinds of little tricks. Anybody can levitate if they wanted to and they decide to create that. You've got to get past the limitations in your mind, that's the hard part.

**Lori:** So if you ask your Higher Self or your Master Teacher to give permission to screen these beings who come in, because if you're channeling or doing something so that you're not bringing in the wayward souls?

**Bestali:** Absolutely. Very Important! You're probably going to know that they're not going to be very pleasant beings, even if you get one that's not what they thought of as demonic. Even if you get one that hasn't been lost for too long, they're probable going to be swearing left and right and things like that. They may be able to see into the future a little bit or something, but they're not going to be very pleasant to be around.

**Lori:** So you can handle that by just telling them to go to the light and they have guides?

**Bestali:** Hopefully, if they'll listen.

**Lori:** If they'll listen... well I worked with one last week and I'm wondering if I was successful with that? I'm not sure that it was a wayward spirit, but it was pretty angry. Called himself The Executioner.

**Bestali:** It's definitely a wayward spirit and he has not intention of going back to the light. Many people have tried to talk him into it.

**Lori:** So there's nothing else I can do about that?

**Bestali:** Just keep him out of your space.

**Lori:** OK.

**Roy:** Can you get multiple entities in one physical form then? Where you get these multiple personalities.

**Bestali:** Oh yes. A lot of people that are in hospitals with multiple personalities are channeling.

**Sandra:** What are good ways to protect yourself if you're into channeling, Other than to ask protection from your Higher Self or your guide?

**Bestali:** That's the best way. Because once you've given them permission, then we can screen anything.

**Sandra:** I've heard that God is not a person or a thing, that it's an energy which is goodness, order and discipline, is that correct?

**Bestali:** I don't think I'd place any words on it. You don't have any words in your language that could fit what it is. It just is.

**Sandra:** But, if you're in this physical form would that kind of ... if you're going to use a word would those help as guidelines?

**Bestali:** Goodness. I find it to be very goodness. I don't think I would say discipline. Discipline is choices that you make. It just is. As long as I've been studying I haven't found any way to describe what it is. It just is.

**Ruth:** What are your schools like? What type of things do you study? Is it like a subject as we know it?

**Bestali:** Sometimes. Sometimes, it's just a set of teachings from a particular entity, but there are what you would consider to be a class where a lot of entities will come to one place to hear another entity speak about a particular knowledge they have.

**Lori:** I have two questions. What about the people who don't believe in God ... when they cross over do they find out that there is a God? And my second question is ... I believe in the Father within, the God within. Is there also a God without? I mean, is there an entity that is God?

**Bestali:** Well, those are good questions. First of all with people who don't believe in God, of course they're going to find out eventually. Depends on what they believe, what they're going to create right after they die. One way or another eventually they're going to come into contact with their Higher Self and their Higher Self is going to explain everything and then they're going to integrate. The other

question that you've got is ... everything. There is nothing that is not God. God is within you, God is your Higher Self, God is the Source, God is the trees and the planet and everything. It's all one.

**Lori:** Is there actually a creator, Source that began the whole thing?

**Bestali:** There is a Source energy, not an entity. But everything that has been created from it is part of it. So if one entity was taken away it would not be whole. It takes every single entity, every single plant and flower and tree and planet and stars and everything to make up it's totality.

**Sandra:** That's why it's so important to forgive, cause we're all one?

**Bestali:** Exactly. Even the dark energies and the hateful entities that are confused. They're part of God also.

**Roy:** Doesn't this then get back to the sort of duality... you are one with everything else therefore you are two. Making a duality.

**Bestali:** Yes, there is polarity in everything. We call it polarity.

**Myrtle:** When you refer to the grid you see looking at us on earth, does this grid consist of polarities? What is this grid that you see?

**Bestali:** It consists of all kinds of connections of energy. Taking the God energy and creating in all different patterns depending on what kind of connections that you're making. Now there are a lot more grids the more dense the area is ... the more grids there are. You know that's where ... like when you talk about psychic surgery for example ... everybody says that's impossible! How can somebody take and put their hand inside your body? You have to cut it open first. Well, all it is, is more grids that make up your body. They're just thicker grids that's all, and grids are grids. You can put your hand through any grids.

**Myrtle:** I don't know what the word grid really means?

**Bestali:** A network of light. Connections of light. Or like

**Sandra:** Like knitting ....

**Bestali:** Yes, like knitting or I was thinking like circuits in your T.V.'s or something. You have a lot of circuits that connect together... sort of like circuits.

**Roy:** You know this paper that has all the lines on little squares, that's basically a grid ... graph paper .... that's a definition of a grid.

**Bestali:** So once you come to the conclusion that there's a grid here in the air that's creating the atmosphere and there's a grid that can create the planet. Well, you can dig into the planet, why can't you dig into somebody's body? It's just a thicker grid.

**Lori:** What is the difference in planes where lost spirits would be and where your spirits are? Why can't you connect?

**Bestali:** Where the lost spirits are, is exactly where you are, right here. They would be in the same room with you. You see, now this gets all confusing too, when people talk about the planes and the dimensions and they use all these different words, and basically there's seven levels of existence.

Whatever you want to call them. The seventh level are the people who are working with the planet that are ascended, no longer incarnating, within that seventh level. Now, the sixth level is where most of you are. You are very close to getting to the seventh level, but you're still working here on the planet. Now, you have enough knowledge to know that there is a seventh level. You come up to where the seventh level starts and I come down to where the sixth level ends and we chat. You see .... because you've got the knowledge to know that. So we can go in between those two levels and be together and spend time together, or any time that, for example, that I choose to be a guide, then I choose to come into this space because, that's where the body is. This doesn't give me the right to interfere with the wayward spirits. I could talk to them, but they're probably going to be angry at me. I'm the last person they want to see if they're darkness, because I spread a lot of light around, and their ignorant of the light so they're afraid of it. Just like people of the light are afraid of the darkness. The darkness is afraid of the light, because they don't know what it is. They've forgotten.

**Lori:** So when we sit here in a grid we have actually lifted our vibration to a certain level as we are here now and yours has come down to meet us, so we are actually in a slightly elevated state as we are now?  
**Bestali:** Yes. That's why you know too that anytime an Ascended Master is going to channel they're always going to pick somebody who's at a sixth level of their spiritual growth because .... like for me to channel through Diane's body ... when I come into the body I have to lift the vibrational rate of her body up to the top of the sixth level. Now if she was on the fourth level and I had to lift it all the way up to the top of the sixth level that would be very difficult on her body. I'd get done channeling, and she would be exhausted, and maybe feel sick and have a hard time, because she has to lift hers. I can only come down to there, she has to come up to meet me.

**Roy:** So we have come up to a certain extent too, if we want to communicate properly?

**Bestali:** You're very good at that.

**Rolland:** There are some channelers who say that they are channeling Source energy directly as opposed to an entity or a guide. From what you're saying today, I'm gathering that that's not possible, that they're mistaken.

**Bestali:** Well, it depends on the source of what. You see? Because a lot of different energies can say they're the source and there's all kinds of sources. There's a source of the planet ... the planet's consciousness. There's group consciousness of trees, you could tap into the source of trees. You could tap into the group consciousness, the source, of your galaxy, or your universe or of your Super Universe. So there's all kinds of different sources, and what many of the people, who I know well, have learned from me is to listen to what I am saying, and don't make any assumptions. Because I say what I mean, and if you attach an assumption to what I say, then maybe you're going to get the wrong idea of what I'm saying. So just because they're saying they're the source, you see, you make the assumption that that's the ultimate Source, and not another source. So if they say well, "I'm the source" then start to question them ... are you a group consciousness of this .... are you a source of the group consciousness of the Great White Brotherhood? There could be all kinds of different sources. You maybe could question them all day and never come up with the right source.

**Rolland:** Including the Higher Self source?

**Bestali:** Absolutely. That's what most of them are. Most of them that say they are channeling the Source... They're channeling the source of their spirit, their Higher Self.

**Randy:** Would you get into the relationship between the Higher Self and potential and what is a potential.

**Bestali:** All right. Let's see, where are we ... are we following the outline even a little bit? Oh we're doing pretty good.

Oh, we call that soul potential. Many of you have heard this explanation before, but it works very well. That explanation is well .... say that the Higher Self is a pitcher of water and when it creates a being to come and exist in the physical, it pours out a glass of water. That water becomes you know, like with Diane, her Higher Self calls herself Tatiacha. So Tatiacha is the pitcher of water and she pours out a glass, and that's Diane, and she created it with the elements that she wanted to be Diane. Then she created another entity and his name was Jason, and he was on the planet for awhile, and then they both were on the planet for awhile, and then she created a third entity, and here name is Patty and Patty is still on the planet. They all went down to experience in their own different lifetimes. Jason was ... oh what do you call that condition, oh I don't remember the name ... you know that TV show that everybody watches with ...

**Randy:** Down's Syndrome

**Bestali:** Yes, Down's Syndrome, that's it. Jason had Downs Syndrome so Tatiacha was learning some things through that. He had lots of different experiences and a year ago he came back to spirit. He came back to spirit and integrated with Tatiacha. Now when that happened Diane got a surge of energy because the energy that Tatiacha was expending by having him there when they came back and integrated, got split equally among all the other people she had on the planet or in other realities. There's other universes, you can be experiencing many things all at once. So Tatiacha is capable of doing all kinds of things and sometimes things that are beyond Diane's comprehension to understand.

When you meet your Higher Self they're going to give you this information a little bit at a time because, sometimes you're going to get overwhelmed. Sometimes, what happens is, that you take on the responsibility. You say ... oh ... we're doing that and we're doing that and we're doing that ... how am I ever going to cope. (Laughter) You take it all upon yourself, you think it's got to be your responsibility and your Higher Self says "Oh no, you don't have to worry about that. That's what I'm doing, and all you have to do is what you're doing". But a lot of people have trouble with that so sometimes Higher Selves don't tell people what they're up to. If they're like that. But what happens is that things happen on the planet to change the water, you know. Maybe some salt gets added to that glass or something else and when you come back to spirit and you pour that glass back into the pitcher, it changes the pitcher forever. The pitcher of water is never, ever the same. It's been changed by the experiences of that glass. But the pitcher is always an entity unto itself. It's a spirit. The glass is a spirit also (the soul). The pitcher takes a part of itself and creates a spirit. So you are an individual entity and your Higher Self is an individual entity and you can relate as such, even though you're always connected, and you're always one, and you will eventually integrate. A lot of people they think that their Higher Self is .... oh .... their superconscious mind, or all kinds of things like this. But it is actually an entity.

That's what can make it so wonderful to have that relationship. So it's your best friend. You're not going to find a better friend, because anything that you're going through in your life, is going to be easier when you develop what we call clairaudience which is where you can hear spirit in your head. That's always going to be a wonderful, wonderful thing, because when you're having a bad day and everything's going wrong and you just can't figure out what you're doing wrong or how come your feeling not so good and everything ... it's always going to be your Higher Self that you're going to feel the presence of and they're going to say ... everything's fine, everything's okay, we've been through worse things than this, this is nothing, this is only one day. We've lived so many days that we couldn't count them all. So they are very reassuring and nice to have around. That's why it's very important to have that contact because there are going to be crazy things going on in the world and you're definitely going to want to have that reassurance.

**Lori:** Does Diane have karma from what Jason's experience was or are we talking about karma being for the Higher Self?

**Bestali:** It always gets integrated into the whole.

**Lori:** Into the Higher Self?

**Bestali:** Yes. Diane's life was planned and executed, so to speak, before Jason came back. So what Jason experienced, if he created karma, wouldn't affect Diane, but it would if Tatiacha, tomorrow, decided to create another entity to be born in nine months from now, it would affect that entity. Because that wouldn't be very fair to, in the middle of your life, all of a sudden say well, guess what ... we're going to dump another ton of karma on you. (Laughter)

**Bill:** At the same time, if Jason created karma, Diane could, in this life, have an experience wherein she could nullify that?

**Bestali:** Absolutely. That's also the beauty of being in touch with the Higher Self you see. Because Diane had the unique opportunity of being told by her Higher Self that Jason had passed over into spirit and she had contact with him before he integrated with Higher Self and she asked him about his life and about his experience and had sort of an evening chat. They talked together. Then during the time that Jason was integrating with Tatiacha, it was a few days later, Tohakwa came and did some energy work on Diane to open her up to receive the extra energy that was coming. So it was a unique opportunity for her to see in action how it all works. Just a few months later Randy had an experience with one of his parallel selves coming back to spirit. This was a very interesting one for him, for the one which was coming back was a monk and had learned many, many things in the lifetime to help Randy in this one.

Well now, spirit guides. Now, the spirit guide relates to the Higher Self. It's just like it pours a glass of water to come down to earth. The Higher Self can pour a glass of water to act as a guide for somebody. That could be it's specific role. So, if your guide is telling you "well, I've never experienced density", well the Higher Self has all kinds of experiences in density, but technically that particular entity that's guiding you has never experienced it personally. So they're not lying, you see? That's why we say listen to what we say and don't make any assumptions. Because things are different in spirit. Now he wouldn't be lying by telling you he's never experienced density. But it's part of the Higher Self. Or, sometimes a Higher Self themselves can act as a guide, if they choose to do that for somebody.

Now, we've already talked about the seven levels. Everything basically works in sevens. You know there are other numbers that are important on your planet, for those of you who do numerology and everything. But as far as the spirit things that goes on, everything works in sevens. Cycles of sevens. Levels of sevens, in what you call the dimensions and things like this. So that's not really that important, but I thought I'd throw that in.

**Joan:** Could we not forget mind and ego?

**Bestali:** Oh yes, that's in there huh?

**Joan:** Yes, I'd like to know a little more about that one.

**Bestali:** Well the mind and the ego.... well, they work together but they're two different things. Now your mind, of course, is your recorder, your computer and some of you have lots of bad programming in there. You need a new programmer. Then you have the ego, and the ego's job basically is to protect you. Your ego is your protector. What happens is sometimes the protector doesn't know that he's the protector and he thinks that he is all that is. So what his job is to do is, to protect the programming, for

one thing. So when you're trying to release all the bad programming, the ego doesn't want you to do it. The ego wants to maintain status quo...wants things as is...doesn't want change. Gets caught up in the limitations. The mind's just running the programming. It's just the computer running the program, running the program, and it's the ego that's going to stop you. When we're talking about the devil and everything ... I like to call the ego the devil. That's your devil. Your devil within that keeps you from experiencing your unlimitedness. In all kinds of ways.

When people act out on their ego, which is probably apparent to the people in this room, you see that happening in the world a lot or recognize it a lot. They almost always create bad karma. Because they are acting out of a place of selfishness when they're acting out of their ego or they're acting out of a place of fear. If they're acting out of oh ... well, "I'm the only person on the planet that matters", then obviously you're not going to be creating any good karma like that. When you act out of fear, you create karma. So that's why it's very important to keep your ego in line and you've got to remind your ego that you're the soul. The soul is in charge, and the ego is only playing a role, and the mind is only playing a role, and the soul has a right to change anything it wants to change. Also in a rate of time it wants to change it. If you want to change it overnight you have the right to do that. But the ego and the mind they try to sabotage you over, and over, and over again, because they don't want to change.

**Lori:** What's the best way to work with the ego then so that it doesn't think it's boss?

**Bestali:** Well, basically, one of the things when you got somebody figured out, not too long ago is what you call self talk. That's the talk that you've got going on in your head when your head's babbling all the time. What happens is that your ego talks in your head all the time to strengthen the programming of your mind. So if it feels that you're starting to make some progress changing the program, then it will continue to say the negative things over and over in your mind to strengthen the program again, so the program won't change. Which is one of the reasons why a lot of the great teachers in the world have been trying to teach you to meditate and totally quiet your mind. Because when you spend time on a regular basis with your mind totally quiet, then you've created a period of stopping the programming, allowing yourself to be clear and new programming to begin. So you can also work with that, instead of having the totally quiet, which sometimes takes years to accomplish, you can accomplish that, by controlling your self talk. Everything you think of ... be aware of what you're thinking of and every time you think of something negative stop yourself. Quickly. You know, if you're looking in the mirror and you're thinking "oh boy, I'm fat", you've got to correct yourself right away and say " oh no I'm not, I'm beautiful". I'm beautiful, and keep saying that. Give yourself the positives, the positives, the positives!!

**Sandra:** If you meditate and you calm your mind then that's a good space would you say, to start reprogramming the positives?

**Bestali:** Well, you're working on that all the time because just as fast as you get new programs in there, you're reestablishing the old ones. Or you're learning something new, something more unlimited because you go in steps. So any time you learn more unlimited stuff, you want to get rid of the old limitations. Always go for the unlimited thought. You got that figured out now Joan?

**Joan:** It's starting to integrate.

**Bestali:** All right. Let's see, we talked about being guides ... oh, walk-ins. That's the other thing on here. A lot of walk-ins happening around the planet right now. Basically, there's a lot of hoopla about that. People are thinking that it's a big deal. Basically, you've got to be at a certain level in your spirituality to know that you can walk in, first of all. Second of all ... normally it's just a prearranged situation where two souls get together and they say "well, you know, the karma that I have doesn't really lend me to needing to experience that childhood, but I do have some things to work out with those people". Maybe that person was already planning a life and planning on coming back to spirit as a

teenager or young adult, so they make a deal together that instead of that person dying, that person is going to leave and they're going to exchange places. The other person will continue to do the things they need to do. That's all there is to walk-ins.

**Joan:** How about this part about having to either integrate or deal with the karma and the programming of the entity that's gone in there before? How does that affect the person that's walking in?

**Bestali:** Well, that's always there just like with all the other programming. Any time that you ... you know, you don't want to make deals to walk in with souls you don't know very well. Because you are going to have to deal with whatever programming that they've created in their life. Sometimes when you're in spirit you think "oh well, that's not that bad, I can overcome that really easy", until you get in the body. Then you realize that the person has been wallowing in self pity for a few years or something. That's not easy programming to get rid of. So it comes a lot easier when you come to the awareness that you are a walk-in, which usually happens. That allows you to let go of some of the things, like the childhood conflicts or the conflicts within the family because you say "oh well, that wasn't even me, so I can let that go now", but you still have to work on the reprogramming. Everybody has to do that.

**Joan:** What's the difference between an opportunist and a walk-in?

**Bestali:** Well, an opportunist is more likely to happen ... well there's two situations. One is if somebody.... one of the reasons why people are dying in violent ways right now is because some of the people who are just leaving their bodies, sometimes there are entities who would jump into them very quickly before they die and take over them. There isn't really anything that the soul that has left can do about that. So that most people are planning to leave in ways that are ... you know, you get in a plane crash where there's no body to take over. They're dying in those ways because there's a lot of opportunists trying to get those opportunities right now. The other way that there is what we also term an opportunist in normal times is when conception takes place, but there was nobody planning to be born. A lot of times a soul who was not planned by the parents to be a child, will take hold of that and grow the fetus or whatever, grow the eggs into a baby. But you see, you don't know that that's happening unless you're aware of your Higher Self, they can say "well, we've made contracts before you were born with three different children and one was planning to be born in 1996 and one in 1998 and things like this". Well, if you get pregnant before that and your Higher Self says "oh no, well this isn't the soul that we planned to ... it's not the one creating the baby", then you have the right to say "oh no, you take off and you let go of that because I didn't plan to have you and I'm not going to accept you into my life".

**Lori:** Does that deal then with abortions?

**Bestali:** Oh yes.

**Lori:** So that is not killing the soul, if you choose to have an abortion?

**Bestali:** Oh you always have free choices. Even if you have a contract to have a child you have the right... you have free will when you get here, which means that you have the right to break off the contracts.

**Lori:** Is there karma from that?

**Bestali:** Sometimes, depends on how important it was for the person to be born. You know if you were planning on giving birth to a child who's life path was to become the President of the country and you decide to break the contract then you've affected a whole lot of lives. Maybe the child that you had a

contract with was just going to have an ordinary life and was only going to affect a hundred lives and not millions. So it all depends on the individual situation.

**Lori:** Sounds like there's karma from it?

**Bestali:** Sometimes yes, sometimes no. Some souls, you know, if you decide you're going to break the contract, the soul just says "oh well, I'll have to find some other parents somewhere else". Depends on the level of the soul who's planning to be born. Some souls will say "I had this all planned, now what's going to happen? I was supposed to meet my Eternal Love Tie and I'm going to be behind schedule". (laughter)

**Sandra:** How do you know how significant that soul is?

**Bestali:** Well, the only way to know is to get in contact with the soul. Once again, everything comes down to being in contact with spirit.

**Sandra:** If you've planned to have a child, then chances are that it comes from the plan that you had made before you came into physical form, correct?

**Bestali:** Yes.

**Sandra:** If you accidentally get pregnant what could that mean?

**Bestali:** A lot of times that's planned also. Now you see if you're planning to have a child and you don't have any contracts, then you're going to have fertility problems probably. You're not going to be able to get pregnant. Maybe that's going to be part of the lessons you chose to learn, because you knew that you were going to want to have children and that you weren't going to allow yourself that. You were going to learn through that. It gets all very complicated the things that you plan, and how many people you plan it with. (laughter)

**Rolland:** The walk-ins, are they from the same Higher Self as potentials?

**Bestali:** No. There wouldn't really be any point to doing that for the same Higher Self to create one potential to walk-in on another. Because if they wanted to have that experience then they could just keep the original one there.

**Sandra:** Then this is something definitely worked out between the Higher Selves?

**Bestali:** Yes. Oh yes, very worked out. Because one of the things, you know, they have to choose .... you know, a lot of people don't believe in astrology, but, there are aspects of it that do affect your lives. When you're born it does affect some things for you. So the two souls have to choose that together. They have to choose the moment of birth, when they want that body to be born because that particular aspect is going to affect them both... Or the name.

**Roy:** A lot of the walk-ins appear to be from another solar source!

**Bestali:** Many times, yes. They're often the ones that don't want to experience childhood on this planet because this planet has kind of been going haywire for awhile. So, they agree to help, but they don't want to spend a whole lifetime here.

**Roy:** So they just choose a walk-in instead?

**Bestali:** Yes, so they find somebody that's willing to go through the childhood and then they come in to do their stuff.

**Ida:** Is it possible like some of these Iraqi soldiers, for instance, or whatever, that got killed .... is it possible that a more enlightened walk-in might take over a body ... if they didn't actually get killed. In other words, it doesn't really depend anything on the level of the body they're coming into?

**Bestali:** It's almost always a further advanced soul who walks in. Not always. Sometimes the two souls are equal. But, it's usually one who is more advanced that walks in that has other work to do.

**Ida:** So a family receiving back somebody that's had that experience would find them totally different?

**Bestali:** Well, you see, they usually choose really interesting ways in which to walk in. You know they choose ways to walk in .... a lot of times they have a car accident or something, or they have a near death experience, things like this. So that when they come out of it, you know, well, of course, they're different. Their family says look at what they've been through ... they almost died. That would change anybody.

**Ida:** You said Diane was a walk-in?

**Bestali:** Yes, and Randy also.

**Ida:** Right. Okay, So where did Diane come from?

**Bestali:** Oh, she's from this planet. She's been working in the superuniverse for quite some time. She's not connected to this planet which we'll get into a little bit later with the different orders and the Angelic Kingdom and things. She's not connected to the planet in that way. But this is the planet that she chose to experience her density in. So she's been here for quite awhile.

**Lois:** So where did the original Diane go?

**Bestali:** Well, actually, she went back to her Higher Self and they integrated and her Higher Self has since created another potential that has walked into another body that had a different mission to accomplish.

**Lois:** It's real complicated

**Ruth:** On this planet or another planet?

**Bestali:** This planet.

**Sandra:** And what experience was created, when the change was made?

**Bestali:** Well, in Diane's case they went through a grieving process. Diane gave birth to a baby who was stillborn. That's when the change took place. During that birth process. So naturally, after she went through the grieving process everybody thought, well, that's going to change anybody to lose a baby ... change anybody. Randy chose to do it in a more simple way. It was more difficult for him in the integration to do it in the way he chose to do it. I don't think he's going to do it that way again.

**Randy:** I don't plan on doing it ever again anyway so...

**Bestali:** Best laid plans... you've said that many times to me before, different lifetimes.

**Bill:** This walk-in business looks like it might foul up social security numbers pretty well. (Laughter)

**Bestali:** Yes, a good thing the government doesn't believe in it now. Because if they had proof of walk-ins, you'd probably have to have special I.D. and anew social security number...change your name or something. Some of them do change their names. Sometimes the two souls don't agree on a name that they both want to keep and when the walk-in comes in they'll change their name.

**Lori:** What happens to the relationship say between Diane and Beverlee, the mother. And also the new one that's in with Diane?

**Bestali:** Well, that's interesting. In most walk-in cases, the walk-ins usually separate from the family and go about their business. In this particular case, the first Diane had separated from the family before the walk-in, and it was the experience of losing the baby that brought the family back together, because the new Diane had work to do with the family. So she had to bring the family back together to do the work.

**Beverlee:** And yes, it was very traumatic when I found out. I was very upset ... not just one, but both. Two children and I didn't know either one of them ... who are you? I had those kinds of feelings.

**Bestali:** She questioned me a lot. I said well, just because they weren't born into the body doesn't mean that you don't know them. You've known them forever.

**Beverlee:** It took a long time ... well I don't know, I guess it was a long time. It took a long time for me to really integrate that whole thing and to come to terms with that. That the souls that I had given birth to were not the souls that were currently in the body. But I finally ... I've done that.

**Randy:** Sometimes, it took a little perspective. I've been in this body for about ten years and she really didn't know any difference because I didn't make a lot of changes in how I came across until the last year and a half or so. So I still had the same attitude that the previous soul had. A lot of anger and frustration and all those issues. So there was really no change, And that's one of the things we talked about. Yes, I'm a different soul, but you didn't even know. So what's the big deal?

**Beverlee:** Well, I was into ... well, what did you do with my child?

**Bestali:** That's what we had to tell her ... well, you knew about the plan before they were born. You knew that you were going to have four kids instead of two.

**Beverlee:** It's the kind of a thing that ... well, don't confuse me with the facts, I don't want to know about it.

**Sandra:** How did you walk in Randy?

**Randy:** I had sunstroke. Yeah ... that was fun, but if I had to do it over again I would have changed it somewhat.

**Sandra:** I was wondering ... I had noticed when I first met you that you were more like friends ... the feeling I got was more like you were friends with Diane and Randy than ... I see more friendship than nurturing ... I think that's what I feel.

**Beverlee:** Yeah ... I think that's probably the case.

**Bestali:** It was a long process.

**Beverlee:** It did not happen over night. It was a long, very difficult process between us to get to this point.

**Sandra:** At the same time you were very protected by all this higher knowledge ... only because we're so dense.

**Beverlee:** Well, there are days where we're very dense.

**Bestali:** Well there's times during the process too, you know, that I would come and I would try to help Beverlee through what she was going through for example. Oh, she'd just get mad and curse at me and tell me to go away. She didn't want to hear it.

**Beverlee:** Yeah ... I did a lot of yelling. It was pretty ordinary I guess.

**Bestali:** Then she really got frustrated because I didn't react. You know ... on this plane you're so used to ... you do actions to get reactions and that's the best way to neutralize when you've got bad karma with somebody. Is they're acting to try to get you to react. If you stop reacting then there's no point in doing the action. Because they're only looking for the reaction. So she'd get all upset and I wouldn't react which would frustrate her more, but in the end result she'd finally calm down and say "well, this is not coming out the way that we do it on this plane, so there's no point in acting the way I'm acting because I'm feeling kind of silly."

**Beverlee:** I was feeling really sorry for myself. I was really into self pity initially, because I found out about both of them at the same time. It was after other people had known that I found out, so I really felt betrayed. So I was dealing with that whole issue of... oh, I feel so sorry for myself. So, you know, Bestali's issue for feeling sorry for yourself is ... oh gosh too bad. You don't get a lot of sympathy. (Laughter)

**Bestali:** If I had given you sympathy, you'd keep feeling sorry for yourself for another twenty years. (Laughter)

**Beverlee:** Sentelitti says ... wah, wah, wah, you know. So after you hear that, you just, kind a ... you have to do something with that. You can't continue feeling sorry for yourself. You know that you have to do something with that energy. To change it. It was a growing process for me.

**Lori:** I can imagine ... and the grief that you have from your children that you thought had ...

**Beverlee:** Yes, it was a grieving process initially.

**Bestali:** Well, you see now what's happening, when you asked about the old Diane, and I said that her Higher Self created another potential that walked in.... they've met her.

**Beverlee:** She hasn't changed. (laughter)

**Myrtle:** Does she look similar physically or is she quite different?

**Rolland:** Was it to be another female then?

**Randy:** A lot of the attitudes and things were very similar.

**Rolland:** Back here in this area?

**Sandra:** You've met her? (uh huh)

**Rolland:** Now, is there a reason for her to be back in this area instead of going up to England or somewhere?

**Beverlee:** I think probably it was her ... it was by design or something that we determined that we would do both of our experiences, or all of our experiences really. It's just a real interesting kind of thing. To think that whole experience was a walk-in experience and the way I was feeling ... on step farther, brings it full circle. The person who it is now, the same spirit as the original Diane. We've know for quite awhile. She knew before the walk-in. She knew that this soul would be walking in. So it's been kind of something that we've all been able to share together.

**Bestali:** So were on about number 5. Well number 5... what this section is about is some of the major lessons that you come here to learn again and again and again and again. And this group back here is starting to have remembrances of how many times they've come back to learn again and again and again and again, that's why they're giggling. So they do it from past life regression.

**Joan:** At least we're starting to learn that we've got these lessons to learn .... I figure that's a major step.

**Bestali:** Now one of the biggest lessons is the lesson of expectation. Now you come here to the planet and you're all Gods and you all have the right to create and you created this society where you've got nothing but expectations. The society expects things of you and you expect things of each other and you expect things of yourself and of your children and you expect things of everybody ... well, if you're a creating God and you're trying to live up to everybody else's expectations, you're not going to be creating too much because you're going to be too busy living everybody else's expectations of who you should be.

Now the difficult part about the lesson of expectation is that no other person on the planet has any right to expect anything of you. They have no right to expect you to fulfill contracts and you know that you've created a society where this is what we want, you know, if you have a job, you show up for work. You created that as a group consciousness that that's what you want to do, and that's acceptable. Where you get into problems of expectation is in your personal relationships. You know, you make a lot of assumptions when you get involved in these personal relationships and then once you've made your assumptions, you place expectations upon your assumptions and then the other person is supposed to read your mind and live up to all your expectations of how you want a relationship to be. Then you wonder why it doesn't work and you get all mad at the person because they haven't lived up to the expectations or they've asserted their right to do what they want to do. The hardest part about this is that ... well, let's see ... a good example is let's say an alcoholic. They've come in to have that experience of learning about alcohol and learning about themselves through that experience and you have people who get involved with alcoholics because they've kind of got a personality of being a savior, type of thing. Then they get involved in these relationships where they expect the alcoholic to stop drinking or they expect them to behave in a certain way ... well, that's not within their rights. The alcoholic chose to come and have that experience and it's not your right to tell them to stop or to start or to anything. So this lesson is a very, very hard lesson to learn. I'm sure that Diane, Beverlee or Randy would be happy to tell you about some of the experiences that they had.

Shortly after we had started the channeling when we were in spirit at night, they said "Bestali, we want to learn this lesson, and we want to get it over with. We want to learn it quickly and we want you to help us". They asked me to set them up. (Laughter) Needless to say, I'm pretty good at that. I set them up with all kinds of expectations. I started channeling and immediately said this is going to happen and that's going to happen and that's going to change. Of course, for no reason other than I said that, they

believed it. We taught a lot of lessons in expectation in that way. Then they would get mad and they'd say "you said it was going to happen and it didn't happen" and I'd say "well who are you to expect my predictions to come true. You have never even really asked me who I am. You know that I'm Diane's guide, but you don't know anything else about me". I told them that I was an Ascended Master, but they didn't even necessarily check in on that. So they learned a lot of lessons in a very short time. They learned that they needed to question. They learned not to just accept on blind faith, they needed to take things inside and integrate. To check them out and see if they feel all right with that and if they don't, to get rid of it.

They learned a lot of things about expectations very quickly, but not without some profanities. (Laughter) That's when we started to say, oh, too bad. That brought on some more profanities. So that's a very difficult lesson. Oh, it depends on the day ... some days you did good, other days you were mad all day. Well, you see what happened is... the expectation part of that was not even mostly what I said was going to happen, but when I said it was going to happen on that particular issue. Because now, as they're finding out, some of the things that I told them about during that time period are starting to come true a couple years later. All I did was give them the wrong time period for the issue of expectation because they were ... oh a good word would be ... they were very cocky. They wanted everything and they wanted it all right now and they wanted to get rid of their programming just like that and have their whole life changed just immediately. So, we kind of worked with that and set up lots of lessons around that. So you know, we have very short term deadlines. Well, this is going to happen in two weeks and that's going to happen in three, and that's going to happen within a month, and within three months this is going to happen, and within a year you won't recognize your life.

**Beverlee:** That part was true. (laughter)

**Bestali:** Because you learned a lot of the lessons the hard way.

**Ida:** I hope Bestali isn't teaching us the same lessons with all it's problems.

**Bestali:** Well, if there's one thing that they've learned, the predictions come true. It's only the timing that's sometimes been off. So, if you're prepared for something to happen it doesn't happen for awhile longer than it's supposed to, well then it just gives you more time to prepare.

**Beverlee:** If it's sooner, then it's, oh gosh, too bad, eh?

**Bestali:** Oh, I wouldn't do that to you.

**Beverlee:** Okay. You heard it here. (Laughter)

**Bestali:** If it's sooner than you were ready then that would be oh gosh, too bad. If I told you it was going to happen in September and you weren't ready by September, well ... you'd get ready real quick. So that's one of the hardest lessons because that's how you're all relating to each other all the time ... expectation. Especially within your male/female relationships you have everybody ... you know ... you get into the relationship and you've never discussed things and then you just have the expectations without even talking about them. "Well, where were you? You didn't come home until one o'clock in the morning ". Well, before you got into the relationship nobody said anything about not being able to stay out until one o'clock in the morning ... they just assumed, yes? So this is going on all over the place.

You need to redefine your relationships in that way... in allowing people to... you know, if there is something that is a need to you, instead of making the assumption and having the expectation then you need to talk to that person and say ... "It's really going to bother me if you're out till one o'clock in the morning. Is it okay with you if you don't do that? Are you willing to do that for me?" You make these

choices together. Because then once the person has agreed to it then maybe, you got a right to have a little bit of expectation. Because then you can at least say "well, you agreed to it". They still have the right to say "well, too bad". But at least you have a tiny bit of justification for being a little bit mad. Because you've established on this planet a pattern of ... oh what's the right word, how to say it ...well, you've decided kind of as your group consciousness that if somebody says that they're going to do something, they should follow through with that. Everybody's decided that that's acceptable on this planet, that you want that to happen, that that's within the realm of respect. That they say they're going to do something, that they should do it. So that issue ... and it becomes a real fine line of what's respect, what's within respect and what turns into expectation, because you can expect respect and it's not your right to just expect respect even though you should give respect. You don't have the right to just expect it.

So it gets very confusing and that's where you get all these lessons and people getting mad about little teeny things, that really don't mean much. Some people get divorced over nothing. You see that all the time these days. Big divorces, people who are very much in love and they're getting divorced over who didn't feed the dog, who didn't pick up the kid from child care one day, they forgot. They each were expecting the other one was going to do it. That's a hard one. That's one that I can tell you it exists, but when it comes time to learning it, you can only learn it through your experiences in doing. It's an ongoing lesson, it keeps cropping up. Beverlee finds that.

Now that other one that really goes a lot with expectation is perception. You know that everybody has a different perception of what happens and you definitely find that when you're grown up and you sit down and you talk to your parents and you say let's talk about this event that happened when I was ten ... or let's say if it was something that was when Diane was five and Randy was ten and their sister was twelve. Beverlee's perception of what happened and the three kids' perceptions of what happened are all going to be like four different stories. Like somebody living four different lifetimes or something, all looking at the same event. So you know, that perception clouds how you deal with life because you perceive things in your own personal way. You can't just assume that everyone else is perceiving it in the same way. You also are perceiving it through your own veil of your past experiences in other lifetimes. So let's take the example of ... let's say two people met Randy and one said "oh, I really like Randy, I think he's a nice guy", and the other one says " Oh no, he's a jerk". But he acted the same to both of them. Well, it's because one of them has the perception of having good past life experiences with Randy and obviously the other didn't have very good experiences with him at all, but he didn't treat either one of them any differently.

This definitely ... you get into all kinds of little skirmishes in your day to day life .. you go to the mall and maybe you order a cookie or something from the cookie place and you can have the same employee and the same employee is basically treating everybody the same way and one person is thinking "oh, that's a really nice employee" and the other person is thinking "well, I was treated so rudely". But they were treated the same by the same employee who was kind of working on automatic pilot, which most employees are these days. So that's where perception comes into play. Because you mix it in with your expectations and that's why they're together there on the paper. Your expectation you based on your perception, so what one person expects in a relationship and another person, sometimes even if you discuss it, depends on your perception. So that's a tough lesson and you've been working thousands and thousands of years to work that one out.

**Myrtle:** Bestali, it seems to me that when we get someone to agree to do something, it's like a contract in a sense, and I do think that's the root of a lot of our trouble. I think we really enslave one another that way and control one another that way. So really if we could drop all that and just ..

**Bestali:** Oh yes, If people were doing things because they were willing to instead of having to be talked into doing them, and not wanting to do them, and then not doing them, after they agreed to do them, just

because they were talked into it ... things like this. Very much so. You know, but, you've come to a point too, where everybody's so centered on getting themselves where they want to be, that they're not putting themselves out to be for other people. They're not making the offers and things the way that they used to once on this planet. You know it used to be that people were always willing to help one another and they would do anything and nobody had to ask nobody had to have expectations because that's just the way people were. If a neighbor needed help, all the other neighbors chipped in to help. You know, if something bad happened, like say one of the neighbors, their house burned down ... well all the neighbors would come together and build a new house. Now where are you going to see that now, these days. You're not going to see that anywhere. All the neighbors are just going to gossip about the house that burned down and the people who lived there are going to be trying to find another house and all new belongings. Just hoping that somebody will help them out a little bit along the way.

So really, it comes down to the way everybody is relating to each other now and that's the part that needs to change. That's why you call certain things that you live in, you call them communities and they're not communities at all, because communities are people working together, and the people aren't doing that, not even within the families. Now you've got a really nice family, I like them. There's not a lot of kids these days that can count on their parents or parents that can count on their kids. So don't ever take that for granted. Because your kids know that you're there and that's pretty special.

**Myrtle:** But it seems to be a very fine line right there, that we musn't take one another for granted either.

**Bestali:** Yes. It is a fine line and that's a problem. There's lot's of fine lines on this planet. Especially in this time period that you live in, there's lot's of fine lines on this planet, even more than normal.

**Myrtle:** This again brings us to this next meeting on community very much, but we'll get into the fine lines there I guess?

**Bestali:** Oh yes, We're going to talk about a lot of fine lines about community. I told Diane a few of the things that I want to talk about and Serenticidi is going to talk. I know that some of you have met Tohakwa that channels through Randy, but Serentecidi is another one that comes through him that has lots of good experience at how to make a good community.

Okay, what do we got here now ... oh judgement... oh yes. You all know about that one right? Looks like it. We've got everybody judging everybody and all the churches teaching you that you're going to meet the judgement day ... and that Higher Self is going to judge you and God's going to judge you and people on the planet are judging you ... it's kind of amazing that you get anywhere if you're being judged by all those people. All with their own perception of course. Of what's right or wrong and that definitely plays into perception of course. Because, if you take two people and they're going to judge you based on their own values, and their own beliefs, the judgements are going to be totally different. That's why you shouldn't make any judgement at all. It's not your place to make judgement. You know, if you don't like the way that somebody is living their life... back off. You don't have to have anybody in your life you know, even if it's a family member or a close friend, there's nothing requiring you to have that person in your life. You can choose to be around people that are living a compatible life-style. So if you don't like the life-style, well, then you tell them they can live the life-style they want to and they can live it away from you. Or, you can tolerate the way they're living their life-style and just not let it affect you either. But you don't have the right to place judgement or expect them to change.

Which there's a lot of that going around, expecting people to change. Of course, change based on your perceptions of what you think they should be. Anyway, those three kind of go all together eh? All mixed in there together. You know, even when you return to spirit, your Higher Self is not going to judge you. They're not going to sit there with a gavel at a desk and say well, you did wrong, or you did

right or wrong or good or bad". They're simply going to discuss with you "well, how could we have done that differently? ... what are the consequences of what we have done? ... do we feel that there's people that we want make things up to? .... and how shall we go about that? It's just a process of discussing what happens and then integration. There's not any judgement and there's no devil or God that's going to send you one place or another. The only judgements that ever really happen are the ones that you place upon yourself. So if other people are judging you, you tell them "oh gosh, too bad".

Now this is a tricky part. This whole section is kind of a tricky section eh? Living as an embodied spirit ... and the trick to that is opening yourself up to your guides and Higher Self fully. It depends on you know, there's the different gifts. There's a gift of simply knowing, which a lot of you have and you take for granted and there's the gift of the clairaudience which is the hearing and the clairvoyance which is seeing the pictures and then there's the feeling when you do everything by how you feel. Everybody has all of those, but they have them in different orders. You're always strongest in one and you have the ability to develop all four. So you experience this a lot when you have ... let's say you're doing a past life regression and/or a meditation, for that matter ... a guided meditation. They're telling you ... well, you see a pretty stream and this is happening and that's happening ... well, if your main gift is not the clairvoyance, maybe you can't see nothing. So what do you do? You get frustrated with yourself. "Well, I'm not doing it right or I don't know what I'm doing cause I can't see any stream and I'm never going to get this meditation stuff right". You start all your negative programming. You start putting yourself down instead of accepting the fact that, well, maybe I'm a feeler and so instead of seeing the dream .. or seeing the stream, I'm going to feel what it's like to be near the stream. Or maybe you're going to hear the sound of the stream or maybe you're going to imagine that you're putting your feet in the water and feeling the way the water would rush over your feet or sensing it in a different way.

A lot of times, especially, it's hard for the people who have knowing with their regressions and things because the information just comes. Well, I was this person and it was this year and it was this... and they think that they're making it all up. Because they just know it, but they don't trust the knowing. So it's important to know about the gift orders and realize that there's nothing wrong with you if you're stronger in one and not in the other. You can work on the ones you're not strong in. So that's part of the process of getting in touch with spirit. Living as an embodied spirit is accepting that you are spirit. That your spirit is embodied and what happens is the more closer that you get to that and you realize that you're spirit embodied ... when you get yourself into a negative experience ... oh let's say there's people getting in a big argument. You can come to a place where you can say "well I'm an embodied spirit and basically this is just an illusion and this is just a play".... and you can detach yourself from the emotion and instead of breaking in and saying "oh, you've got to stop fighting, you've got to do this" .... and getting yourself involved as a third party, you can sit back and be detached and say "oh, well, this is an interesting play, I wonder why they're choosing to play those parts?" We call this controlled folly. You can detach and just watch what's going on, watch the play. You don't have to get involved in it or at any point in time you can choose to get involved in it. You can say "oh well, this part's past and I didn't want to be involved in that part, but this is looking kind of interesting, I think I'll jump in". That's what living as an embodied spirit is all about. Knowing that it's all a play and choosing when and where and how you want to be involved. Detaching from all the stuff that people want to put upon you when you don't want to get involved. It can be kind of fun when you get good at it. It can be very fun. We've been showing them some little examples of that eh? Lately we've been doing some little examples of that and they thought it was pretty fun.

One really good example is we have a lady in Bellingham who ... let's say ... what's the way to say it ... well she doesn't like me very much. She saw me once, many, many months ago and decided that she didn't like me, for whatever reason and proceeded to tell everybody she knew in Bellingham that she thought we must be faking or something. Well, time went by and almost everybody she knew were people that they met and became friends with. So everybody she knew she kept hearing about well ... Bestali and Company this and Bestali and Company that and she got real frustrated with it. She wanted

to become an Ordained Minister for many years and all the other places that she went to, to work on this issue, they wanted lots of money for lots of classes, or they wanted her to commit for a certain amount of years for all these different things. She didn't have the money and she really didn't have the time to commit, so she just kind of let it go. Well, one of the things that she found out from all her friends was Bestali and Company became Ordained Ministers in S.H.E.S. and they could ordain other ministers. Well, certainly she was in a position, when the people she didn't like the most, were the people who had the thing she wanted the most. What was she going to do about this? So she decided through another friend that she was going to get in contact with them and get ordained. Well, the controlled folly was that they could have chosen to just be angry and say "oh no, she said awful things about us and blah blah blah and why should we do anything for her?" But they thought "well, we could be in controlled folly, and it would be kind of interesting to go up there, and ordain her and just detach emotionally and see what happens". So that's what they chose to do. They went to Bellingham and they did a very nice ordination ceremony and they thought it was kind of fun and they were very nice and very pleasant.

Well, not very long after that they got a call from her because everybody she'd been talking to was hearing about the drumming. So all of a sudden they were presented with another opportunity for controlled folly. She wanted them to come up to her house and bring the drum because all of the people in her class wanted to do some drumming. So they went up there with the drum and they knew that she didn't want them to channel ... through another person, she didn't tell them herself... and they said "no problem" and they just went up there and they did drumming and they connected with other people and they had a good time and they just totally detached from the situation that they knew she had created and still to this day she has no idea that they know that she was telling everybody that they were fakes. (laughter) They found the whole thing very interesting. They just let go of the emotion because it doesn't matter. It doesn't matter if she thinks that we're fakes or thinks that we're not fakes. So it's just choosing how you want to react or not react. You could do away with lot's of your problems in your life if you just chose not to react, not to take things personally. To know that it's just a play.

Oh, basically, I think that we've kind of covered the fact that the earth is just a classroom huh? Everybody knows about that. That's basically all we've been talking about all this stuff. You've come here just to learn and to experience.

Oh, unconditional love. This is kind of everybody's goal eh? Everybody's looking for unconditional love? Where do you think everybody's going to find it? Anybody know?

Group Response: Your Higher Self!!!!

**Bestali:** That's right. Oh ... this is a good class. That's the only place you're going to find it. You know, you're going to find a lot of love from your guides and you're going to find a lot of love from maybe some other entities, but the only place that you can find absolute total unconditional love is your Higher Self. So don't look for it anyplace else, especially people in the body

**Randy:** Yes, especially people in the body

**Bestali:** That's too much of an expectation. To expect from somebody in the body to be totally unconditional because they're caught up in the density just like everybody else.

**Joan:** She's (Glenda) just turned to me and said "You don't love me unconditionally? (laughter)

**Bestali:** Well, you know, Glenda, do you think she would love you if you pulled out a knife right now and stabbed her? That would be unconditional love.

**Joan:** You could try it and see what would happen ...

**Glenda:** I'll give you my knife.

**Bestali:** Oh, it would be okay, because then Graham would be forced to do a psychic surgery.

Okay, well, now we're into this other part .... what it means to ascend. I get this question all the time. Basically all ascension is, is you're no longer experiencing on a physical density level any more. You've finished your wheel of incarnation and you're free to go on about other work. So you can be an Ascended Master and maybe you're going to even choose to experience density twice, which some of you do. Then you're going to go to another planet and get involved in that and you're going to have to ascend from that planet again, or, that planet also, not again. You wouldn't go back to the same planet again, I hope not. Not for the experience of the wheel anyway. There are some who come back to be Master Incarnates for a time here and there, but that's really all ascension is.

**Lois:** What completes the wheel?

**Bestali:** Balancing all the karma. So then, you know, you have the Archangels. This is where, sometimes, people get confused. What's the Archangels, and the angels, and the Ascended Masters. Basically Archangels and Ascended Masters are the same thing. The only difference is that they've got a different life path, a different dharma. The Archangels... there's the angelic hierarchy or angelic kingdom. When the Source gives birth to the spirits... it gives birth to spirits that are going to be universal or Super Universal spirits and that's their mission. It also gives birth to spirits that are specifically spirits for that planet. So every time a new planet is born, or completed, a group of souls is birthed that is specifically for that planet, that are going to stay with that planet. These are what's called the angels. When you meet some of them on earth you don't think they're such angels. Because they've got karma like everybody else. Somehow, somewhere, somebody got the idea that angels were all just wondrous beings and that's probably because they met some of the Archangels or Deva spirits or something. So the entities that are birthed for a planet are called planetary angels. Now they go through their wheel of reincarnation just like anybody else that may be experiencing on any given planet and when they ascend they become Archangels. That's the only difference between an Archangel and an Ascended Master. An Ascended Master is simply a universal spirit who has chosen to experience on a planet and go through a cycle of reincarnation and then ascend. So that's the only difference between those two things.

**Sherry:** Are there some of us on the planet who are going to ascend without dying in the body?

**Bestali:** Oh yes.

**Sherry:** But how do they do that?

**Bestali:** Basically what happens is you simply move your consciousness into another dimension and you don't actually keep your body. It gets shed, but it doesn't get left on the physical earth that's all. It simply disintegrates. Because it's only grid work anyway. You just disassemble your grids as you're going through the dimensions. Now a lot of times ... if you're planning on being an Avatar or something like that, you can always create another body. But it's real convenient to already have the energy pattern of the last body you used if you want to come back. Does everybody know what an Avatar is? Okay, an Avatar is simply an Ascended Master or Archangel who usually, that's the case, they will leave their last lifetime, they will leave and they will take the energy pattern of their body with them. So they can come back, they can create it ... come back through the dimension again and do some teaching. Usually they only stay for a short time ... a few months or they usually don't have any background or history, they'll just kind of show up in a community for a few months and do some teaching and disappear and nobody necessarily knows much about them. Just kind of liked what they had to say. So you may have even

met one and never even known it. It's not real common. It's not done all the time, although at this point in your history it's happening more than it normally would because of all the earth changes and so much work that needs to be done here.

Then when they leave they simply leave the same way that they did the first time. They just go back out through the dimensional doorway again, with the energy pattern of that body. Now, an Ascended Master can create an energy pattern for a body if they didn't take their body with them when they left. But it just takes a little bit longer to put that together. I've been asked a few times, well why don't I try and do that ... I told them that right now the world's kind of crazy, I didn't really want to deal with it. Because the problem is when you're doing that the dimensional doorways are where they are and you got to make sure that you pick the right dimensional doorway because it might be in the middle of somebody's wall or underneath some concrete or all kinds of funny places because you've covered up all the natural earth with your cities and things. So the only way to find a good dimensional door would be if I did it, let's say, out in the country somewhere. Well, then I'd have to find my way into the city to talk to people and it becomes more work than it's worth. It's easier to just borrow Diane's body. But maybe after the shift, you know, I might try that. Just for some fun so I can sit a chat with Diane face to face. That might be kind of fun.

**Sandra:** It is said that with the New Age ... when we get closer to the year 2000 there's a ... with all the light that's being put forth on earth, there's a new Christ consciousness that's going to occur and I've heard that Jesus Christ is supposedly already done or going to create a body ....

**Bestali:** Oh, not like that. That's what we're going to talk about here ... it's on the list there...D But we're not at D yet ... we've got to stick to the list, but we are going to talk about that because that's very important.

When you ascend there's many choices you can make. Obviously you can go on with whatever your work was. Whether it's .... if you're an Archangel maybe your work is to work in the hierarchy or such as in the case of myself, I was taken on as an apprentice and given jobs to do. But not right away, because one of the choices that I made that you all have the right to make is after you ascend you are given the privilege of being able to experience one life as an animal. Because basically people consciousness is people consciousness and you don't switch with animals. But when you've reached that plateau, that's kind of like an extra prize bonus. If you want to take it. So I decided that I wanted to live a life as a big cat. I was sort of like a panther, but the breed I was, doesn't exist anymore. That's just for the experience of it once again just like everything else. I had a really good time. Randy's guide chose to be an eagle.

**Sherry:** So none of us have been animals before? Do you remember the lifetime as the animal?

**Bestali:** Oh yes, I had a wonderful time jumping around. You know, it teaches you a lot about the perspective thing because it's a whole lot different walking around for lifetime after lifetime on your two legs and everything and all of the sudden you've got four legs and you've got to figure out how to work them and how to jump and catch things that you need to catch and climb trees and you've got to have sharp claws and all these different things. You're communicating directly with the cat consciousness because you're in a cat body and your cat minds are all connected to the cat consciousness. So all of a sudden you know what all of the other cats are up to, what they're thinking.

**Roy:** Why do you get the conflict between cats then? Cats are very territorial in their habits. Each has it's own sort of area, and if the other one strays into that area there's immediately a conflict.

**Bestali:** That's how they control over population. Yes, all that stuff is brought into the animals as they need to. You don't really see it with the exception at this point of insects which have over populated

themselves on purpose to annoy man. But with that exception you don't see ... animals basically don't over populate themselves. They have built in ways to stop themselves from doing that. Humans used to have all kinds of built in ways to kill themselves so that they didn't over populate the earth, but then they started to figure out all kinds of ways of science to prolong their lives. So, the reason you're over populated with humans and that's a pattern with humans and that's why the earth goes through cleansings every few thousand year, because the humans have continuously over populated the planet ... Time and time again.

**Myrtle:** When you incarnated into the body of a cat surely you're whole consciousness doesn't incarnate into the... (yes) really? (yes) Then the other cats must sense a different cat here.

**Bestali:** Oh yes. They know there's a difference, but they don't think it's bad or anything. They like it. You see, that's the one difference ... all the times when you incarnate here you're just a fraction of your Higher Self. Now that's what makes the Master Incarnate a rare example. Is that when an Ascended Master chooses to incarnate as a Master Incarnate teacher, they bring with them the totality of their whole spirit. There's no Higher Self. They bring every little part of them into that body with them.

**Myrtle:** So then they would say, as Jesus said, "the father and I are one"?

**Bestali:** Absolutely, yes.

**Randy:** Even as we sit here now "the father and I are one" for I am part of God. The connection is not as strong with the conscious mind.

**Bestali:** But, you see, they don't have to tap into their Higher Self to find out about their past lives or anything. Everything that they've ever known in all their experiences is right there available to them, within their body, within their mind. They don't have to tap in through any grid work. That's why they're able to be such good teachers.

**Sandra:** You say that humans have over populated the earth, you know, for a lot of years. Well, since we're essentially spirit wouldn't spirit also be contributing to that?

**Bestali:** Oh yes. You see you create more bodies, before, earlier... each Higher Self used to have only one potential on the planet and then as you got more and more bodies they started putting two and then three. They thought "well, we'll work things out faster this way. We'll have more people all at once". Because they could have made the choice of, you know, well, there's not enough souls to go into those bodies so those people are just going to start losing babies, or people are going to start dying, or they could have made those choices. But they didn't. They chose to fragment themselves and to take more bodies. There are some Higher Selves out there that have four or five potentials on the planet currently and they're experiencing in other dimensions and realities and things. So that's pretty fragmented. Usually the people who are here have a really tough time because they're not getting enough of the energy through the Higher Self.

Let's see, what else have we got here? Oh, you can take a job in spirit. Most people to that. Sometimes you take a little time off, so to speak, just to hang out for awhile and watch your loved ones or whatever after you ascend. Do not much of anything. Or, sometimes, you jump right into taking on a job, which can be fun. Now I've had many jobs over the time, and right now one of my jobs is sending light waves. Which I get a lot of flack about when people come to spirit because I send a lot of light waves and you know, the planet is raising it's vibrational frequency and you're forced to raise it with her. When I send light waves, well that helps her raise it and then you guys all freak out. Because you have the pressure of having to raise yourself also. Then when you come to spirit at night you say "Bestali, give us a break", (laughter) and I say "there's no time to give you a break".

**Sandra:** The only way you can raise the energy is through dealing with your karma right? And your dharma?

**Bestali:** Well, right now the planet is raising and your being forced to raise whether you deal with your karma or not. Because you're either rising as the planet rises or you're spiraling downward. Which there's a lot of people in the world right now that are spiraling downward. They can't handle the pressure of continuing to raise at the rate they're raising.

**Myrtle:** How do you know if you're spiraling downward?

**Bestali:** Well, I think that most of them are pretty obvious. The people who are spiraling downward are doing more drugs, more alcohol and creating all these types of things in their lives.

**Bill:** What happens to all these people, what happens to the guy that goes spiraling downwards?

**Bestali:** Well, eventually they ... basically most of them have chosen not to survive the shift anyway. So they're just doing time. (Bestali laughs, then everyone laughs) They're going to go back to spirit.

**Bill:** Then they'll make new contracts and come back?

**Bestali:** Yes. Well, you see, the thing is also that after the earth changes take place you're going to be back into a position of having less bodies available so there's going to be a lot of spirits that are going to spend some time in the spirit schools in preparation, waiting for a time when there's a body available for them to come back. So the ones who are having a really rough time right now or having spent a lot of time doing dark energy type of things, are going to be getting a lot of schooling before they come back to the planet. The ones who are the most spiritually advanced, or the most in touch with God, are the ones who are going to have the first dibs, you might say, on the bodies that are being created. (Laughter) Because they have the opportunity to help change the way in which you relate to each other. Because they remember the way it was way back when and they're going to develop those connections and then as the others start to incarnate then that's just going to be the way that consciousness has created things on the planet. They're going to know that the consciousness has created a planet that is no longer acceptable to balance your karma by violence for example or something like this. So it's a wonderful opportunity for the people.

**Ida:** The Michael channel has come out with a whole gradation of souls like baby souls, immature souls, I mean like baby souls might come into tribal settings for their control by taboos, etc... to learn how to be here. He said very few like baby souls come into complex societies like we have here. Would you...

**Bestali:** That's true. The newest souls right now ... it's been quite awhile since any new souls have ventured onto this planet because this planet has been pretty complicated for awhile now. So the new souls that are coming about are choosing other planets pretty much, at this point. All the souls that were birthed specifically for this planet have been here for quite awhile. So any new souls that would want to incarnate on this planet would be universal souls or Super Universal Spirits who can choose to incarnate on any planet they want. Needless to say, they're choosing to incarnate someplace else.

**Ida:** I was told that the children that I'm taking care of have come in from another planet and are new souls here?

**Bestali:** Oh, new souls here? That's different than being a new soul.

**Ida:** Yeah. Right. So would they be like a super ...

**Bestali:** Yes, they would be a universal type of soul. Maybe that's a good time to talk about the differences there. It's that there are three orders ... what we call the superuniversal souls. There is the order of Melchizeldek, there is the order of Enoch, and there is the order of Michael. So all the universal and superuniversal souls are one of the above. Now the Melchizeldek souls are the teachers, the planet builders ... you might say the universal priests and healers. The Enochian souls are the grid workers. So the Melchizeldeks, you say, work with the souls of the planet and what kind of planet do you want to have, what do you want to look like, what kind of system do you want to have... they deal with those issues.

Well the Enochians are the ones who actually set up the grid work that creates the density and makes the planet around the planetary consciousness. Now, the third order, the Order of Michael are what we call the protectors. They work in all different kinds of ways protecting. There's a great number of them. You might say the universe right now is a little out of balance because there are so many Michaelians here to protect this planet that there's not as many of them out on the other the other planets where they should be. Because this planet has been for quite some time in great danger of destroying itself. So they're here working very hard around the planet shielding the planet from the effects that the dark energy is trying to have on it. So those are the three groups. Now a group of souls mates, for example, mine, includes people from all three of those. They always work together. So within my group of soul mates there are Melchizeldeks, Enochians, and Michaelians and we all work together.

Now the other type of spirit that you can be born into, is a planetary spirit which are the angels. Now you can be an angel who is going to incarnate and that can be your purpose is to experience the density on this planet or you can be, well, like the Deva spirits. These spirits, well, basically their purpose is to work with the planetary consciousness and work with the winds and the weathers and all these other things that happen on a planet. Now what happens when we start a new planet is all the spirits for the planet are new. They don't have any experience. They've never done anything before.

So the Melchizeldeks, Enochians and Michaelians who have been around for awhile, they create a temporary planetary hierarchy. They take these positions and the White Brotherhood and the Great White Brotherhood and all these organizations are part of the temporary hierarchy. Then everybody starts to do their incarnating and some of the Melchizeldeks, Enochians and Michaelians will decide that this is a good planet to incarnate on too and they'll decide to make that decision to commit to that planet. As they start to go through that cycle and some of the earth .... (for example, with this planet), the planetary souls begin to ascend and become Archangels, they start to form their own hierarchy. The Melchizeldeks, Enochians and everything... they train them how to do the grid work and everything for their own planet, and the eventual goal is that when their hierarchy is completed, (enough people have ascended to complete their hierarchy) that the temporary hierarchy is disbanded, and goes on to do other work in the universe. Maybe forming a temporary hierarchy at another planet. So that's kind of the point that your planet is in right now. Both hierarchy's are still in existence. The Angelic hierarchy has become very strong, but because this planet has been an experimental planet and some problems have arisen, and the dark energy would like to make this a dark planet. They've asked the temporary hierarchy to stay on longer until they can get that problem worked through. Now you're very close to ... as you know time to be ... (if everything goes as projected), probably about another thousand years of your planetary time is when the temporary hierarchy will disband. Then the planet will be left to the angels to do what they do with it, because it really belongs to them. Now what happens with that is, that the planetary angels will get involved ... and you have what you call one of the dharmas of each planet is they go on to be the protector of a new planet.

So the Pentalians, as we call them, or Pentalites. The little grey people with the big eyes from the planet Pentalia. They are the protectors of earth. They've been watching over earth for a long time. Now when

earth evolves further and goes into space they will be the protectors of a planet named Demetra. So it's not like the earth spirits are just going to be stuck with this planet and never get to go anywhere. They can start incarnating and go on ships and things, and start to work with Demetra. Now the other opportunity that they have is that every planet has what we call a sister planet. It's that every planet at a certain point births a part of consciousness, gives up a part of its planetary consciousness, and sends it out to form a new planet. Now the planet that's formed from that consciousness is the sister planet. So the Earthlings will also be involved with that planet. So earth souls who haven't finished their cycle of reincarnation could potentially incarnate on either of those two planets eventually. The sister planet, that this planet was born from, is called Salina. I know that a lot of you people know about the very tall aliens, who are very beautiful, not much hair, very thin ... and those are the Salinians.

Those are the two types of aliens that have a right to deal with this planet. All the other aliens that are here are only observers. They have the right to offer wisdom and they have the right to observe, but they don't really have any right beyond that. Now the other two ... the Pentalites have the right to do some protection, but without interfering and the Salinians have the right to incarnate here and offer their wisdom. Their rights are dependent upon how much right you give them. It's up to you to decide what you want their role to be here.

**Bill:** Which group is Ashtar?

**Bestali:** Ashtar is not of either group. Ashtar is a group of all varying entities. They're not any one particular group.

**Bill:** The Ashtar Command is a conglomerate of almost everything, as I understand. He's the Supreme Commander.

**Bestali:** Well, there is no Supreme Commander of anything, so that's a matter of perspective. Because, the only Supreme Commander there is, is yourself, your the Supreme Commander of yourself.

**Sandra:** I heard that this group of people here on our planet, that are trying to control our future, made a deal with these aliens called the greys, and they have all the abductions of humans and of cow mutilations and such ...

**Bestali:** Oh, see, we hear that all the time. Oh, we hear that story everywhere we go we hear that one. We have a good time with that. Basically as far as abductions, to start with, anybody who is being abducted by aliens is an alien. They don't have the right to take anybody but their own people and they are people who have contracted to serve as ... what's the word ... to do tests ...

**Beverlee:** Research subjects?

**Bestali:** Yes. The Pentalites are in very light bodies. They haven't been in dense bodies for longer than they can remember. They don't have any records left of when they were in dense bodies. So one of the things they want to do is they want to help you through this process that you're going through on your planet. So they've contracted with some of their own people to incarnate in the earth bodies and then be taken up to do tests. So that they can find out what they can do to make the process easier on your physical bodies. But what happens is ... they have to give... the people that they take up there they usually have to give the equivalent of what you would consider a drug. A hallucinogen ... is that what it's called? One of those, because otherwise, they die of fright. It's not going to do any good to do the tests if the person just disappears and dies. So they give them this drug so that they won't die of fright and then they do the normal tests. Their tests are not any different than if you went to your regular doctor and he took your pulse, and you know, checked your ears, and your nose, and your eyes, and that's all it is. But when they're on this drug, depending on how strong their fear is, it creates into this

big, big hallucination of what's happened. Then it gets suppressed because naturally they try to get it so that people won't remember. But then sometimes they do remember, and what they do remember is the hallucination, and then they get all confused and things. So it really gets everything all mucked up for people down here trying to figure it out.

**Sandra:** Are the Pentalites and what we call the greys the same? One and the same?

**Bestali:** Well, they're called the greys, but they're not actually grey. That's a misconception. I've described them as the little grey people because that's how you recognize them. But they basically have white skin, like a very white person, and they wear sort of silverish grey type of clothing type thing, that covers almost all of their body except for their face. So the people that have seen them think they're the grey people. They don't realize that what they're wearing is a type of clothing.

**Randy:** And they're not all the same.

**Bestali:** Yes, they're not all the same.

**Randy:** They're individuals just like we are. They have different facial, body characteristics. They're all not little clones of each other.

**Bestali:** But, I definitely can say that one of the things that we've gotten into with a lot of groups .... nobody's ever talked to your government. Your government got a ship one time and they got a couple of aliens out of it that were still alive and they didn't realize. You see when the aliens that are in light body come into your atmosphere, they create, (just like the avatars), they create a body that appears dense, because that's what your minds can deal with. You wouldn't be ready for their light bodies. So when the government got these two aliens that were still alive, they forced them to eat, because they wanted to keep them alive to find out all of their secrets and how they were going to take over the world. Well, you know, they didn't have any need to eat and forcing them to do that in a body that was just an illusion eventually caused their demise, you might say. Their spirits left, and that's the only contact your government has ever had with aliens...Is the two little aliens they killed.

**Sandra:** So there isn't a whole lot of them in Sedona?

**Bestali:** Oh, there's a lot of aliens in Sedona, yes. In human bodies and otherwise.

**Sandra:** Is there a reason why a lot of people who are into the metaphysics and the New Age are being called to Sedona?

**Bestali:** Sedona is going to be one of the spiritual capitals of the world. That's when they're talking about the Christ Consciousness... that's what that comes down to. Maybe that would be a good time to talk about that because the Christ Consciousness is returning. That's where the teachings are going to begin...Is in that area - Arizona. That's why people are getting called there. Because there preparing. They're paving the pathway. What there is ... there are a lot of misconceptions about Jesus and who he was. Just like all the other religions, some things from the original teachings were changed to suit the purposes of the people who wanted to be in power. Jesus was a Master Incarnate, a very wise old spirit. He was endowed with the Christ Spirit. Now what the Christ Spirit is, is as you work through the various jobs that there are and the apprenticeships throughout the universe and Super Universe, you can work your way up to, over a very long time, a position of what we call the Christ Council. Now the Christ Council is approximately 144,000 Ascended Masters at this time, but, as we create more universes, it will grow, because there is representation from the various universes. They are just very old spirits and they are overseers.

Now what you perceive as hierarchy on your planet, is not the same as hierarchy in spirit. They just have jobs to do. That's what that's all about. But because these souls are so old, and have spent so much time getting to there, they are very wise and have a lot of wisdom within their consciousness. Now what they did, and they've done this on some other planets too, when it was needed, is they took a little tiny bit of the consciousness of themselves ... from each one of them, and they created a group consciousness. They called that the Christ Consciousness, the Christ Spirit. They endowed that upon Jesus at the time that he was baptized. He walked around with this Great Spirit. So he was talking not only from his own experience, as being a very old spirit, which he was, but he was talking from the experience of all those 144,000 Ascended Masters and everything that they had learned in all their experiences...Which is a lot of experience.

**Ida:** One of the things that I read recently which touched on that spoke of Jesus being a natural ... like a medium ...

**Bestali:** So to speak. You might say that he was channeling the Christ Council, only it was with him all the time.

**Ida:** Right. And that the Jewish leaders knew that, they knew ... in other words, the punishment meted out to him was a punishment meted out to stop someone from channeling.

**Bestali:** Very much so. That was an aspect of it, yes. They were also very fearful of some of the things that he did. You know, there was lots of healers and there were other people doing channeling and some things, and a lot of them they just ignored because you know, they had a small following and they really didn't feel threatened by that. But at the time Jesus was doing some incredible things, you know, he was taking one fish and one loaf of bread and turning it into buckets and baskets full of fish..things that none of the people had ever seen before or could ever explain. It was beyond their comprehension. It threatened the whole authority of all the governments. They thought "well, if this person can do that what's he going to do if he decides he wants to deal with the government. You know, if he's going to empower all these people, what if he teaches all the other people how to do that trick, there won't be any more government...So he's got to be stopped." So, you know, we had that whole situation and it was all planned in advance. We all knew that he was going to die on the cross.

Basically, what happened was that the planet was really headed for a negative destructive path at that point. If everything had just been left alone, you wouldn't have a planet right now. You would have destroyed the planet by now. So all the people in spirit thought, what can we do to help this planet get onto another path. Now they knew that people weren't ready for the true message of Jesus, but they figured that if they sent him down there, and they found a real dramatic way for him to return to spirit, and a world way for him to effect people, that they could get enough people involved in that whole process that they would be distracted from the destructive process that they were already walking, which is basically what has happened. When you look at how this huge proportion of the world, who are now Christians are, are really involved in (what they are doing as Christians), whatever that may be, it's distracted them from other things that they may have been doing that would have destroyed the planet. That's what it was planned to do and it's worked marvelously. It was quite an experiment. Nobody knew whether it was going to work or not. Thank goodness that it did ... You still have a planet,. So, that was what that was all about.

Now the plan was always originally to bring teachers after the earth naturally cleansed itself, but you know, they knew that there was a couple thousand years worth of time, as you know time on your planet, before the earth was going to cleanse itself. So they had to get the planet to that point. So now that that has happened, and you're getting very, very close to that point, they're preparing for more teachers to come. Now the entity who was actually Jesus... I knew him by the name Antwon, we all knew him by very many names depending on how we knew him, or where we knew him from. He has

returned to the Source. You have many people out there who have seen Jesus and are having experiences with Jesus and people who are channeling Jesus ... Well, what they're really doing is they're channeling and having experiences with the Christ Consciousness. Because there are a lot of entities out there that are part of the Christ Council who can honestly say, well, they were there because a part of them was there, and they retain all the memories of what happened. So there's 144,000 Ascended Masters who can claim as channeling, to be Jesus and rightfully so. They were there although they were not the incarnated Ascended Master. You also have the issue... you know you created the belief system, and if you believe that when you die you're going to see Jesus, then you create that and that's what you need for your belief system, then you die and your Higher Self is going to present itself to you in the image of how you see Jesus, because that's what you need for your transition. So there's all different ways that people are dealing with that whole issue. So the Master Incarnate, who is going to receive the Christ Spirit here in the future, is actually a different entity, who has been chosen by the Council, to come and be incarnate.

What's happening is there's five Master Incarnates that are coming to the planet all in five different places in the world. One here in the United States, one in Australia, one in Ireland, one is the Soviet Union and one in Africa. Now these are all places in the world where people are going to survive the earth changes in a big enough number to really have a need for a teacher. Now the one that's here in America is the one who's going to be endowed with the Christ Spirit and then they're going to begin their teaching and they're probably going to start teaching about 2012 - 2015, somewhere in there. All five of them are already born on the planet. One has had a temporary setback you might say. He has returned to spirit because the family he was born into... his path was not going as it needed to go... so he's chosen to be reborn again. So he's going to be a few years younger than the other ones. Two are girls, three are boys. After they do their teaching for awhile, and you've reestablished transportation on your planet, they're all going to come together. They're all going to show you that they're all of one teaching because they don't want you to start five different religions. They're going to help you lead the pathway to a better world.

**Lois:** Are they all children right now?

**Bestali:** Yes. The one has just recently left and the four that are here are six years old. So that when the one comes back it's going to be about 7 or 8 years younger than the other four.

**Sherry:** There's a person called Matriya that's in London right now. Is he part of the Christ Consciousness?

**Bestali:** No.

**Sherry:** Is he an Ascended Master that's come down here ... or an Anti - Christ?

**Bestali:** Well, that's a bit of a tricky question because basically there's dark energy around the planet, but I wouldn't say that there's any one person who's going to be an Antichrist. But he definitely is a trickster, because the one thing that's going to happen and I've told lots of people this, is when the Master Incarnate who receives the Christ Spirit is here and he begins his teachings, he's not going to be telling anybody he's the Christ. You're just going to know. His aura's going to be, as I was telling somebody the other day, his aura's going to be as big as a state. You're not going to be able to miss him. You're not going to have to ... He's not going to have to say, "well, I'm the Christ", because that would be kind of an ego statement. He's not going to be filled with ego. You're just going to know. You're going to look in his eyes and you'll know, you'll feel it. It will just be there in your heart. Now if you ask him directly, if you said "are you the Master Incarnate who has received the Christ Spirit?" He would say yes, of course, because he's not going to lie to you. But he's not going to go around advertising that "I'm the Christ".

**Ruth:** I heard someone say once that when the Christ came that he would be on television on all the stations simultaneously.

**Bestali:** Well, you're not going to have television, the way you have television now, when he comes.

**John:** That's good! (Laughter)

**Ruth:** I heard he wouldn't be talking, that we would communicate silently, telepathically to us, so maybe that's ...

**Bestali:** Well, he can communicate telepathically. He will be doing talking also, but he'll be communicating on many different levels. You might say if he was ... let's say he was talking to a big group ... maybe he's going to be communicating one thing while he's talking and maybe he's going to be communicating different things with different people on other telepathic levels and maybe some are going to be aware of it and some aren't. You'll know who he is when you see him.

**Sandra:** Why is Sedona the chosen place to start the New Age Christ Consciousness?

**Bestali:** Well, basically because it's kind of a nice place and it's going to have a nice climate after the earth changes. It's going to be kind of tropical. It seemed like a nice place to be. There's natural vortices. Everybody who's going to get involved in it ... well, for one thing it was decided that it needed to be on the other side of the world from where it was before, because you know there's a whole lot of hoopla about all... The Holy Land and all that...which is .. you know, all the land is holy. So, it was decided that if there was one place in the world who really needed the teaching it's this country. Of all the area that's going to be left of this country, it just seemed like a very natural power spot.

**Sandra:** So it's all of Arizona, not just Sedona?

**Bestali:** It's going to be near Sedona where he'll start his teaching, but he's going to be moving around a lot. He's going to be teaching all over the place. But that's where he's going to make his home.

**Sherry:** Seattle is also a vortex. Is it going to disappear or ...

**Bestali:** Oh yes. Seattle's going to disappear. This whole west coast will be gone. Yes, I really like Seattle. It's a nice place and that's why you all chose for it to be the place where you want to come and learn how to be teachers. Learn to remember what you already know. Because originally, and we talked about this the other time, that originally it was planned for Hawaii to be the number one teaching place. As things went on and everything, all the airplane fares and these things started to change. It became very apparent that a lot of people were not going to come up with the money to get to Hawaii. They needed to get there. So the group consciousness said, well Seattle's a nice place and we can use Mt. Rainier to our advantage to call people in, because Mt. Rainier is a great pulser of energy. So they've been using all the mountains you know. They've got Mt. Shasta also. They're all connected. So Mt. Rainier is putting out the message of, you know, come on up, everybody come up. Time to learn your teachings.

**Roy:** Except the Californians. (Laughter)

**Sherry:** When are the earth changes happening?

**Bestali:** Oh they're happening already.

**Sherry:** Well, the major ones ...

**Bestali:** The major one is going to be a few years ... about 1999 is when the major, major stuff is going to happen. Basically, we've said many times in this area, when Mt. Rainier blows it's time to move.

**Sandra:** Can you explain the different brotherhoods?

**Bestali:** You know the difference between, like let's say, the White Brotherhood and the Great White Brotherhood is, the White Brotherhood works more with individuals. They deal with, like let's say, counseling Higher Selves on maybe what kind of incarnation they want to experience next, to best progress their spirit. They are the ones who serve on the councils of thirteen... things like this, to help people evaluate the life they've just lived. They work with the individuals.

Now the Great White Brotherhood is more likely to work with the planet as a whole, working with the issues of what's best to protect the planet, what does the group consciousness want to create... things like that. Now within each of these brotherhoods, there's all kinds of little brotherhoods, and maybe it would be better if they changed the name to call them subcommittees or something, because they're already part of one big brotherhood which does various jobs. Like one subcommittee or whatever, are the ones who work on the Council of Thirteen. Another subcommittee might be people who specialize in counseling...Counseling people on the planet. There might be another subcommittee that deals specifically with people who are shaman on the planet or whatever, dealing with wayward souls... Things like this. There's a certain committee within the Great White Brotherhood that specifically are liaisons between the temporary hierarchy and the Angelic hierarchy. Within the Angelic hierarchies there's all kinds of little subcommittees of the different Devas and jobs that they do, all kinds of jobs that they do for the earth...nature spirits. Then there's people who are liaisons between the animal consciousness and the planet consciousness and the people, which is very needed because the people tromp all over everybody else, cutting down all the trees and taking away the animals.

**Sandra:** I have a question about that. I heard that we eventually will all be vegetarians? That right now we don't know enough to respect our animal counterparts?

**Bestali:** Well, basically, you know, the way I look at that is, it all comes down to the same thing no matter what you put in your body. You've got to have respect for it and use it in full. If you're going to eat plants that's wonderful. You need to treat them with care and treat them gently and ask them to offer themselves and be thankful for them and use as much of them as you can. Don't waste. It's true if you're going to eat animals as well. You know, the thing with the animals is people have always been part of the food chain. When there were dinosaurs on the planet, well the people were quite a little snack for the dinosaurs. They were kind of the top dogs. Now that there's no dinosaurs, the people don't have any natural predators. So they think that they can do whatever they want and that it's their planet. Now back when there were dinosaurs, the people had a lot more respect for life, because it could end at any moment by just getting chomped down. So there's nothing wrong with eating meat, if you want to eat meat, but do it in a respectful way. If you ask the animals to cooperate, they will. If the cows didn't want to be eaten, they would stop incarnating. You know, they know. They're not dumb. They know that they're going to be slaughtered and they know that they're not being treated in a very respectful way and they could have created fertility problems, and stopped incarnating, but they haven't. They have remained fertile and they have remained your nurturers because they care about you and they feel that that's part of what their role is on the planet, but it's important to always use all the parts. Don't waste the skins. Make drums with the skins. Use all the parts of the animal. That's a lesson you can learn from the Indians because the Indians, or the aboriginal people of this planet, they knew how to use all the parts. There's something worthwhile doing with every part of the animal, if you're going to use an animal life.

**Sandra:** I heard that there's something in the blood or flesh or something of an animal that's similar to drugs and alcohol that will infringe on a person's spirituality if they meditate or think ... like create a veil or blockage of some sort ...

**Bestali:** Oh no. That's not true.

**Rolland:** I was reading in the paper in the last day or so that scientists are discovering that frogs, various species of frogs throughout the world are disappearing ... would you comment on that.

**Bestali:** There's a lot of animals that are choosing not to incarnate now, because they don't want to experience the earth changes. Enough of them are going to stay around that they're not going to leave all together. But a lot of the consciousness doesn't feel that it's worth creating a bunch of new bodies now when they're just going to turn around and lose them anyway. So they're just kind of on hold for awhile. They'll come back. You see, that's one of the advantages with the sister planets is that the sister planet is Salina. With this planet having been created with part of the consciousness... The gift of consciousness from that planet, that planet is very similar and the animal life is very similar and you've made a deal between the hierarchies of the two planets, that if you have any animals on your planet that have a really difficult time recovering after the earth changes, they're going to bring in enough animals to repopulate.

**Lori:** Does that include ones that are extinct now?

**Bestali:** Some, yes. They're not going to bring any dinosaurs because they don't have any either, but they're going to bring back the white eagle. You've asked them to bring back the white eagle and that's going to return. They're probably going to have to help the dolphins and the whales because the oceans are going to have a really difficult time and the population is already thin with them. They've already been .... too many of them taken away for enough of them to survive to repopulate. Yes, lots of them are going to get some help.

**Lois:** Can I ask you ... you spoke one time about that after the earth changes that we were going to communicate with the animals ... on what level will that be? Will that be telepathic or ...

**Bestali:** Yes, some people already can do that. You can start learning that .. start learning now, the sooner you start learning the better, because it's still going to be a process.

**John:** How do you learn?

**Bestali:** Well, the best way when it comes to animals, is simply have one around and spend some time doing it, or like what I told Randy was good. Let's say a dog's asleep...Sit there and look at the dog and send it telepathic messages to wake up and come to you.

**John:** He won't come when I call him. Unless I've got food in my hand. (laughter)

**Bestali:** Oh, we talked about that too because we have talked about that if it doesn't come when it's called out loud, it's not going to come telepathically.

**John:** I'll think food then, that'll get through to him.

**Bestali:** Yes, wake up and get some food. Send the message wake up and get some food.

**Randy:** A lot of times, he told me also, that even though he doesn't come, he may turn and look at you and that will be his way of saying "yeah, I hear you, but I'm going to ignore you anyway".

**John:** Then I'll think twice as much food. I'll work on that.

**Sandra:** They won't be mad at you cause you eat them, will they? I mean the cows or something.

**Bestali:** Oh no. You see, they offer their life. What the difference with people is, is that all the other animals, if you watch all the other animals they respect what's going on within the other species. They go after the animals that are old and they go after the animals that are starting to get sick. They can't keep up any more and the people don't have any respect for that. You know, you go out hunting for deer and what do you want? You want the one, the biggest, strongest one with the biggest horns. But that's the one that needs to mate. That's the one that needs to reproduce the species. A lot of times, if you really need food and you're really hungry, if you tell the animal consciousness please, somebody offer me something, I need something. They're going to come to you. They're going to offer. You need to treat plants with equal respect. You know everybody thinks, well we're treating the animals so bad we all need to be vegetarians and they just go rip plants out of the ground like that doesn't hurt. They have equal amount of feeling to any animal. They're just as much God.

**Sandra:** Do you apologize first? Then take them out?

**John:** Please come to dinner with me... (Laughter)

**Sherry:** Are all plants and animals group consciousness?

**Bestali:** Not all animals. There are some types of animals who are individual entities just like people. The whales, the dolphins, and the gorillas are examples. They are all individual entities that have their own karmic wheel.

**Rolland:** How about the bears, or anything like that?

**Bestali:** The bears are individual entities in a group consciousness, they're kind of in between. They don't ever separate from their group consciousness, but they do have an individual identity and will. One part of the consciousness will reincarnate as a bear many times in a row before it comes back to the consciousness. Kind of like the consciousness is one big Higher Self. It creates little potentials that can live more than one life before it comes back. Now the dolphins are the most advanced species on the planet. It's only man that thinks they are because they're the most arrogant species on the planet. That's why the insects are over populating to annoy you.

**Ida:** Are you saying that they're more advanced than man?

**Bestali:** Yes.

**John:** They don't have television. (Laughter)

**Ida:** Will we figure out their language?

**Bestali:** Oh yes. You'll figure out how to communicate with them. They have lots to teach.

**Ellen:** This is changing the subject a bit, but there's a man over in Switzerland by the name of Billy Meyer who has had contact with the entities from the Pleiades and he says that he's been taken on board their ships and he speaks with them and they tell him a lot about the planet and what's coming up. Now is this really true?

**Bestali:** Yes, there are many entities here from the Pleiades. They only have the right to observe and if he's been taken up on the ship then he's one of them.

**Ellen:** Are we going to be seeing a lot more of them?

**Bestali:** Yes. There's lots of aliens on the planet right now.

**Ellen:** Are any of them going to land and lift off some people of their own when the changes occur?

**Bestali:** Some will, yes. They won't take any of the earth people or the people who are choosing to incarnate, but they will take their own, like Pentalites will take ... but only when necessary. Let's say like at the time of the earth changes maybe there's going to be a few Pentalites who have chosen to stay in this area until the last minute to try to raise the consciousness of as many souls as possible to make their transition easier. Then those people will probably get picked up and dropped off. But only, you know, if it's necessary and only if it's their people.

**Ellen:** If there are so many alien beings up there in spaceships watching and seeing what's going to happen, I would think that a lot more of them would become involved.

**Bestali:** Oh, they don't have the right to. They only have the right to observe.

**Ellen:** Even if we request their help?

**Bestali:** Well, you have requested the help of some and those are the ones that are here. The rest of them are just observing. Some of them, you see, some of them are not that far advanced from you. They've advanced to the point where they have the technology to go in space, but they're not any more spiritually advanced and they're not really going to be of much help. So they're just watching... curious.

**Rolland:** Are there universal truths?

**Bestali:** From my perspective I think there are. (Laughter)

**Rolland:** What are they?

**Bestali:** That might be a subject for another day. (Laughter) It's quite a long list and whether or not they're true or not is dependent upon your perspective.

**Joan:** Bestali, when you talk about this planet being an experiment, what made it different say than the normal progression of planet ... what makes it experimental?

**Bestali:** Well, some of what makes it experimental is the type of density. The type of ... like the land, the type of... like mountains and the seas and the various species of animals. New species of animals are coming up all the time. New forms, for man to live in, are coming up all the time...All kinds of things that make it an experiment. About one in every ten planets or so that get created is a brand new experiment.

**Joan:** People are just sort of allowed to create whatever they want to create?

**Bestali:** Yes.

**Joan:** And is that different than other planets?

**Bestali:** Some planets are made in the mold of others and other planets they just ... you see the difference with an experimental planet also would be ... the new planet, the consciousness being birthed, from this planet that's going to create the next planet, will sort of be in the mold of this one, as far as how it looks. An experimental planet is a brand new consciousness being born. It's not a mold from another planet. So it can be made into anything. You have lots of fun doing that. Only sometimes, like this one, this one's kind of gotten messed up worse than any of the other experiments. Earth is a combination of half new consciousness and half consciousness from Salina. Kinda a double experiment.

**Joan:** Why? What went wrong?

**Bestali:** Well, Lucifer and Satan got in there and created all kinds of trouble for one. They created all this stuff about original sin and all this kind of things, all these fears. This planet has more fear than any other planet that I've ever seen. Everybody is afraid of everything.

**Lori:** The Lakota Nation, the Sioux culture had in their legends that they originated on the north American continent and that they came from the Pleiades, is that true?

**Bestali:** Well, there have been many different times that space entities have come down and created civilizations, but that doesn't mean that the whole line of the civilization is from the Pleiades. It may have just been the first few people that started the civilization. There have been many civilizations similar to that, many situations similar to that where the aliens have come down and started a small civilization of people to serve as an example. They came down to give you good examples. To say "well, look how our village works. You know, we're working together, we're serving as a community." They're trying to teach you by example and then you ignore it. This planet is famous for ignoring examples. Although you're real good at taking the bad examples. It's cause the bad ones are easier. There's a lot more work to aspire towards the good examples. A lot of times on this planet you like to take the easy way out, only you don't find out until you get back to spirit that it wasn't the easy way out. So you've just made it more difficult. But when you look at it from the positive perspective ... here you are, you've chosen to incarnate on this crazy planet. When you finally get all done, and you get done with this planet, boy... You're going to have a really great resume. (Laughter) you're going to go across the universe and they're going to say "oh boy, you did your whole time on that crazy planet? (Laughter) You must have learned your lessons really good." So you kind of bought yourself a ticket to get in any job that you want.

**Lois:** Is there dark energy on other planets or just here on earth?

**Bestali:** On every planet that has the karmic system and the density that this planet has, had a certain amount of dark energy and it's a natural progression of the evolution of the planet to eventually shed itself of the dark energy. That's where your planet's trying to get to. Now, you see, the dark energy would just like to have a dark planet where they could be. There's a lot of entities on the planet that say "Oh let them have it, we'll go incarnate someplace else", but the problem with that is that the planet itself is an entity who is very, very light... a very light entity. She is not willing for this to be a dark planet. If we all just gave up and said "well, let it be a dark planet". she would destroy herself. Rather than let it be a dark planet.

**Sherry:** Then what is the purpose of dark energy?

**Bestali:** Well, there really isn't a purpose. All that dark energy is, is when you forget the light...you lose sight of the light. You start to slowly, little bit by little bit, get separated. So it doesn't have a purpose, it just happens. Ultimately, the goal is to bring it all back to the light.

**John:** So it could go back to that. Even if it got back to the light, it could go back to a dark energy?

**Bestali:** Well, if it got back to the light ... you can go back and forth. There are entities who have been light, dark, light, dark, light, dark. They've remembered, they've forgotten, they've remembered, they've forgotten.

**Rolland:** Why did we forget?

**Bestali:** Because, you've gotten caught up in earth plane experiences. Things that have happened to you, that have gotten you caught up in anger and all this negative emotions, are all darkness. After you go through many, many lifetimes in a row of getting caught up in a lot of that you start to forget your connection.

I think we actually talked about the whole thing huh? Because we talked about returning to the Source at the beginning. So I guess we did a circle.

So anybody got any last minute questions on anything else they want to ask?

All right. Well, this has been fun. I had a good time.

**All:** Thank You