

**Subject:** Ruth's Newsletter. Part 2 of 2.

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Subject: Ruth's Newsletter. Part 2 of 2.  
Aug. 1, 2011.

This shows how to use your high self.

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MASTERS: Humanity must eventually realize that what is happening to planet earth as it goes through this cyclic change also affects the mentality of every living human being, as well as all life on Earth. Each human being, whether a carpenter, street-sweeper, engineer, r-ligious leader, g-vernmental officer, etc., is undergoing shifting in their way of thinking, of feeling, of reacting to all kinds of stimulus around them. The inability to cooperate with someone else to find a suitable middle ground is becoming extremely difficult to overcome. When there is tremendous pressure and responsibility on the shoulders of elected officials or business leaders, the difficulty of seeing or understanding the concepts of other frames of mind becomes almost insurmountable. Societies that have been ruled by kings and dictators for centuries are waking up to the fact that this is no longer acceptable and the uprisings become unstoppable. Ruling or elected parties find followers of ideals that seem to fit their current needs or ideas without intelligent study into their actual realities.

This is, indeed, a time of emotions ruling the thoughts and minds, rather than a quiet, deep-thinking attitude of working out the problems. The high frequencies being experienced by all humankind affect nervous systems and electrical circuits of the brains, resulting in confusion and extreme anxiety, especially in those who have to make important decisions for themselves and those they serve. The world seems to have turned upside-down in these times, and it is a frightening thing to have lost the constant way of life that you have been used to. When will things calm down and return to normal? Each year for the next three or four years, will see many changes in the way humanity thinks and progresses regarding how mo-ey is handled and laws are made.

For centuries, the so-called upper classes have had the best of everything, while those who worked for them had little to look forward to. This is already changing as humanity is saying, NO more! The complete confusion you are now experiencing is the mixture of all of the wrongs mixing up with the rights in a royal b-ttle. We see it as a mixture that has to be beaten until each ingredient or faction blends into each other to become a satisfactory r-solution for all humanity. This will come about, not this year or next, but after that there will be tremendous positive changes that will take your world into a state of being that has been longed for and predicted since the beginning of your time.

All of the fright and yapping about the year 2012 meaning the end of the world, is but the turning of the tide, so to speak, of the mentality of humanity and finally the time of growth of a planet that is finally reaching its graduation into universal consciousness. For each of you reading this, realize that you are part of an educational process of your world, difficult as it may be. Before making decisions, look at all sides of a problem, discuss the questions with those with knowledge of the problem; beware of those who set themselves up as leaders, but who are only following their own need for power. The suffering of millions of people all over the world will come to an end as the planet re-enters its rightful orbit and the frequencies settle down to match the needs of life upon it. Difficulties breed strength for those who determine to do what is necessary and right for themselves and others. That is the message for now.

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(As promised, here is the follow-up article to the Healing Enzyme information given last month J)

Most of you are aware that the life force in the body circulates in a continuing pattern, bringing energy to each cell and organ in a cycle of life and death, i.e. as each cell is renewed by the life force, one that has served its purpose dies out, providing the body with a continuing flush of new life. The time element of the energy cycle varies in all of you, according to the conscious awareness of the power you command. Those who go through life without the Light of the Love and Peace found within generally let their egos push them this way and that, until not only are their minds uncoordinated, but also their bodies. The subconscious mind does send signals that direct the correct functioning of the body, but the human mind controls and directs that subconscious computer. When there is the lack of conscious control (and many people have no idea they have any say in the matter), the subconscious obeys the signals from the conscious mind that relay the preferences and desires of the individual, programming those desires into its computer bank of memories. This is precisely why habits such as smoking, drinking too much, using drugs, etc., are extremely hard to work against, for they have already been solidly implanted as the desired elements in the subconscious.

The human brain is a remarkable instrument, and we regard it as one of the most powerful elements in your Solar System, for as it comes to terms with the spiritual being behind it, a strong union is formed and the two elements start to work in tandem, strengthening and creating present and new possibilities and realities. As the mind accepts the concept that there is an actual place in the brain that can be activated to send healing powers through the body, the desire to probe into the depths of your own minds becomes very powerful.

There must first be an intense desire-aligning ability for one self and for others. As has been said, it is not a simple sitting down, meditating, and finding that source of healing in an evening. This meditation must utilize your own conscious mind, even though it is stilled for that period of time you are in the silence, your spiritual self that you are reaching out to access, and the subconscious mind, for it is waiting to receive the signal of the activation of the Healing enzyme Center so it may program that response to serve your calls to action. Just as the Great I Am is one with everything that is, your bodies and minds are One, a perfectly connected communications system that speaks to each other for the good of the whole. The intention of reaching into the brain itself, visualizing what those cells look like, clustered at the top of the brain stem, touching and blessing them with your spiritual hands is an absolute necessity, for the higher vibrations of the mind must be focused very keenly and specifically on this area. It is as if your mind has become a tiny being, swimming among the brain cells, searching out the place where the healing energy lies. You will know when you have achieved this feat of activation when you suddenly feel a sharp pain starting from the base of the skull and reaching through the head to the front of the forehead, known as the third eye position between your eyebrows. It will last but a few seconds, longer in some people if they resist the pain, then it will subside, never to be felt again. This also signals the subconscious to program this ability into your base memory and, from now on, when you need to have something in your body revitalized or healed, all you need to do is to visualize those areas as being in perfect health, brimming with vitality. It is no miracle; it is the coming of age of the human race, as long-hidden abilities open to the awareness of those who seek and reach out for them.

The energy which activates the healing center is channeled by the Higher Self, or the high spiritual self of each soul being, from the Mind of God, or Universal Energy, or Love, whatever term you relate to the most strongly. It is the most powerful energy there is, for it is the energy of creation. You will be using it to create and re-create your own bodies, and those of others when you are ready. As time goes on, this channel of energetic response from the universe will enable you to create everything you need in the physical world. Believe it or not!  
Go- Bless you all on your quest.

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Part 2 of 2.

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