

# METATRON MINUTES

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## You Can Alleviate Suffering

By **Archangel Metatron**

There is a group of individuals in the world, and it is not necessary to discuss them or name them, that have an interest in controlling people of all nations for their own aggrandizement and power. The weapons they use are to control the pricing and distribution of food, gasoline, fuel oil and all manner of goods that are necessary for human use.

They have learned how to control money through many ways of overt and subtle forces. You find them in every walk of life and in every manner of interaction with humanity. Their faces change as they stalk the nations of the world. Sometimes they maim, kill and instigate unimaginable terror in countries that do not hold a law abiding society and policing force. Their police force becomes a band of bandits who pose in the uniforms of the good guys, but they hold seething hatred for their fellow man. They wish nothing other than to spread widespread images of fear in the lands that they roam and destroy.

In more civilized cultures, they hide behind the masks of big business and sit in their plush boardrooms. Their actions reach out like tentacles of control in ways and manners that force people to abandon hope as they try to survive the slow strangulation of accumulated debt. Many are living on the edge and do not see recourse other than to despair of surviving economically.

Besides squeezing the financial life from people, they hold the levers of fear and understand the physiology of bringing up people's worst behavior. Dignity and civility is forced deeper and deeper into people's memory as the need to survive clouds the human mind of the more noble issues of the soul.

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Now I know that this is not the situation for many, but you certainly are aware of the masses who suffer from such forces. It is not my intent to bring fear and consternation to your awareness, but rather to bring forth the instrument to overcome these forces and bring peace, harmony, unity and cooperation to the human condition.

This is why I have come and why I have asked that these messages be taken down, but also I am asking for help in changing these situations. It is necessary to define the problem before one can solve it. This is what I am about; defining problems and setting up forces that will change the problems by bringing more light and understanding to these conditions.

So understand that there is much at stake here, not only for you but also for others. On some level you understand that all are held in the ONE. There is a commonality among people. They share certain God given abilities and conditions that were given to them by the Creator. These noble aspirations are mentioned in your (USA) Constitution and Bill of Rights.

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The founders of your country (USA) understood the rights of humanity and were inspired to bring forth the nobler aspects of soul. Therefore, since many of these rights have been eroded by those who wish to take from others for their own personal gain, it is my intent that this darkness be undermined by the light.

The condition of the world is such that this is a place of free will. It is not necessary to explain why this is so, but rather, to accept the reality of the communities of Earth and work with humanity through their free will to heal, protect and bring forth the unity that freedom brings. I wish to work with you to help dispel the darkness, bring forth the light of love and freedom, and release all from the shackles of the dark.

If Earth is to be healed and the people made whole, then there is work to be done. There are some who say that the Earth doesn't need healing, that it is able to heal itself. To a certain extent this is true as Earth's blueprint is one of regeneration as it brings forth the vitality that was given to her by her creators.

Know that in this, humanity must also be healed or else as the planet shakes off the many layers of decay it will be imbued again with the same negativity that was healed earlier. So in effect there is a vicious cycle between the healing process sent forth by Gaia only to be diluted by more negativity suffering and misery.

*"I wish to work with you to help dispel the darkness, bring forth the light of love and freedom, and release all from the shackles of the dark."*

Something that is most difficult for Gaia to clear is the misery of her children. She has taken the role of the mother. She has brought forth abundance and in that abundance she fosters beauty and balance. The balance has been disarrayed by energetic forces that include negative emotions such as fear, but also hatred. This becomes a shock to the delicate balance of Gaia's beauty but also becomes a heavy burden upon this force of rejuvenation that is programmed into the planet's systems.

What this means is that current events and struggles hold back humanity and the planet from enjoying the healing and advancement that is upon you. What the final effect in this is that what is promised you will come, but there is suffering that can be alleviated before the final implementation of spiritual advancement that some call a new Golden Age and some call Ascension.

It is my intent as the Keeper of the Keys between humanity and the Spiritual Hierarchy to dissolve all disharmony and pain in every layer of humanity and within the folds of Gaia's advancement towards the higher vibrational cycle.

I could ask one human being to work with me on this project and that would be a wonderful beginning in elevating the pain that surely presses upon you and the planet. However, if I could gather a group and that group meld their energies together as one, the breakthrough would be faster and permanent.

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What is happening now is that the light brings forth great splendor and the dark pushes back. No matter what we have accomplished in the spiritual realms, we see our work undone or rather should I say undermined.

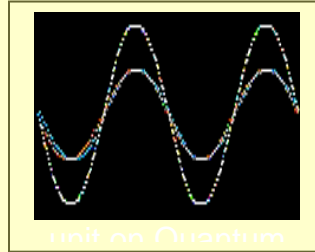
Archangel Michael is working with a group to set up a process which will change the course of human events and move them towards the fulfillment of the promise to elevate humanity. They will be doing this by using the Standing Wave. This is the same energy that is contained in the pyramid of Cheops.

What I have in mind is to gather energy that will be produced and accelerated again by souls who wish to see advancement here and not misery and terror. This energy will be focused as only humanity can do if they understand how to do this and how to direct it in tandem with those who will change events with the Standing Wave.

This energy will be incorporating a love force that while yes it is part of the Standing Wave, we will color that force slightly so that there will be a healing element to this force. This healing element will not only change and heal those who wish to control and dominate, but it will also bring forth hope and eventually trust to those who are oppressed. There is a healing that needs to be integrated between these two forces, those who have wielded the weapons of terror and pain and those who have suffered at their hands.

All must be healed. This might seem difficult to understand, but all souls are holding their origins in the works of the most high. God considers all souls their progeny even though they have taken different roles in their journey. It is time to change, integrate and advance. This means ALL souls.

So I come to you and ask you to join us. We need your good intentions, your light and your love. We need this if we are to find permanent solutions to the world's misery. All factions of humanity, no matter who they served must be transformed, healed and



[www.chemmybear.com/standing.html](http://www.chemmybear.com/standing.html)

[www.humanresnace.org/pyramid.html](http://www.humanresnace.org/pyramid.html)

reminded of who they are. They must see again that all are brothers and sisters. All are children of the God-Force.

Join with us. We will have two groups working for the cause of peace, brotherhood and freedom to find the happiness that is every soul's right. The pursuit of happiness was written in your Bill of Rights, but before one can pursue happiness, there must be the freedom of self determination. This can only be brought forth when the light is allowed to dissolve the dark particles that infiltrate all forms of life, animate and inanimate.

## First Lesson

Do not underestimate the strength and power of humanity. I feel too much emphasis is placed upon sources outside of yourself. You have all the power within to materialize a world that you want to exist in.

You do not need others to lead you to the point that you depend upon their skills. You hold everything within because it is within that you connect to your own soul construct. YOU do not need others to explain spiritual reality to you. This is in keeping with what Master Jeshua said about going within to find your answers.

Humans have become too dependent upon others instead of using their own innate resources. This has happened in my opinion because memory has been cut from your conscious mind when you elected to incarnate upon this beautiful planet.

Be wary of messages that lead you away from your own inner knowingness. Run these messages through your own antenna to see if what you read agrees with how your physical body feels when you read. Some call this discernment, but many do not understand exactly what discernment is.

In my viewpoint, discernment is an energetic connection to someone else's thought and that thought contains the energy of the thought and in that energy there are markers that connect to your energy body. You might say you have a filter to measure the truth of the message against what your body understands to be truth.

Your body understands truth because it is connected to your soul through the emotional body which is connected to the spiritual body in the subtle bodies. When you meditate upon the message these two subtle bodies and especially the spiritual body, if the message is spiritual in nature, recognizes the signature in the message that lets you know if this is a message advancing truth, or if it is a message that holds some factors of dark energy.

All messages are not influenced by the dark entities that you have come to understand is being diametrically opposed to Source and to your welfare. Some messages are passing through filters of fear in the one who channeled the message or else passed the message along to you.

Always seek how the body feels at the registered message. What I mean by this is that as the message is read and understanding of the message begins to settle into your consciousness, your mind becomes engaged. It is at this point that it becomes necessary to view that message from a vantage point of a higher vibrational wave.

What I mean by this is to go into the alpha state at least and read the message again and see how the body feels at the wording. If you feel fear or uncertainty, then the message is suspect.

Once you find a suspect message then go into a deeper state of meditation and ask your higher self if this is truth and if this message is pertinent to you and your welfare. You will receive an answer to this.

What is happening in the world today is that people have been allowing others to make decisions for them. You have given your Government the right to make your choices for you. You have stayed with employers that do not match your energy field and this is mostly because of fear of not finding another job that would fulfill your requirements.

Becoming engrossed in television and other gaming programs shuts down the thinking mind and messages pass through to the subconscious mind. You see the thinking mind is what allows participation in events or actions as it has been formed by past actions that accept standards of behavior or mores.

Because of these activities, humanity has allowed a darker cloak to surround your discrimination because your filters which would alert you to choices not in your best interest have been turned off.

What the mind accepts automatically filters into the subconscious without raising a flag that the encroaching thought might not be in your best interest.

I realize that this is a very long explanation of a self defense mechanism that has been shut down, but it is necessary to discuss this and bring it to your attention, because there are events being circulated around the internet that are not in your best interest.

I don't intend to go into what messages that are circulating now that you should be on guard against, but rather I wish to explain a process so that you can use this process and empower yourselves.

These messages are all about self empowerment. This is the direction that I wish to take and this should be something that you should focus upon. What empowers you? What causes you to be dependent upon others for your truth? We speak here about what is true for you.

This is my first message to you and we will work with the execution of this method in a scheduled conference call.

What I am planning is to schedule conference calls on methods that will empower you and also methods that will be working on world peace.

## **Archangel Metatron**

### **This from Carolyn Evers**

I urge you to go to [www.MetatronMinutes.com](http://www.MetatronMinutes.com) and join us for the first conference by subscribing to the conference calls. These conference calls are held on the third Tuesday of each month. The first conference call will be held on October 21<sup>st</sup>, 8:30 pm Eastern USA time.

We have already received some questions from those who have visited our website. This first newsletter is long and I will channel Archangel Metatron's answers in another newsletter. I am planning to send a follow up newsletter before the 21<sup>st</sup> so send your questions regarding world conditions. If you require answers to personal matters, you can order an Akashic Reading at either [www.CarolynEvers.com](http://www.CarolynEvers.com) or [www.Akashic-Reading.com](http://www.Akashic-Reading.com)