

ACCESSING THE GODDESS  
AN INTUITIVE PATH  
OF DISCOVERY  
AND ESTEEM



*Susan Rose Arianna  
And the many sister spirits  
who helped create this book  
c. 2000Z*

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## *Intention and Dedication*

In March, 1989, with a group of women met, all interested in wellness, magic, manifestation and fun. What followed was an incredible seven years of self-exploration, living in light and receiving the messages that are contained in this book.

While these messages have been shared freely, it was time to place this inspiration in a book form. A size you could curl up with in bed, or take to the beach. The book is meant to be sitting on your nightstand, or stuffed in your purse.

With receiving our messages, we found the esteem and grace to "do life" in joy and purpose. We hear and teach what we need to learn. These messages to renew my connection to spirit flow - even today. This book is birthed to inspire you with the messages we received. More importantly, this book tells you how we did it and how you will too.



## *In The Beginning*

It began with an interest in psychology, meditation, which led to a life long interest in all things spiritual or metaphysical. One day I was in a metaphysical bookstore and struck up a conversation with a woman right next to me. I told her I was disappointed that our local YWCA had finished a group on women's mysteries, and had to wait another 6 months or so for another group to start. She turned and said to me, "Honey, you don't want to go to the YWCA to do that, right here on Monday nights a group of us women are meeting and we are on that topic right now".

The following Monday I walked into a group of incredibly beautiful and spiritual women. I thought I had truly found the Goddesses!

After joining this group, the thought occurred to me that I could invite all of them over to my home

### *In The Beginning*

once a month for a full moon circle. They were delighted.

Over the course of the next 7 years, every month had a gathering of a variety of women who cycled in and out of the group. With the inspiration of the soft, silvery feminine ray, our still small voice began to speak. We came to call this wise, intuitive place The Goddess Within. You might call it the Christ, the I AM, or you might even just call it Spirit.

Whatever you call it, we ALL can choose to turn to and listen to that intuitive wisdom. We were not left here alone, unable to contact HOME. Inspired guidance is available to all of us, right now. The following will share what was heard. We began to tape the messages we shared aloud in the circle. They helped us with our problems. If we could do this, you can too.

How do you start? The first thing you need is trust. Trust that you will not be laughed at, or feel foolish or silly with anything that you could say as the spirit of the guidance that you called. Or trust that

### *In The Beginning*

the Divine has a great sense of humor, so if there is laughter at what is said, laugh along with it!

We started by checking in and saying briefly a few highlights of where we were coming from. Then to shift gears, we did a purification. This could be elaborate, with sea salt bathing before arrival, or just some deep breaths, repeating "I am here, now", with *Here* meaning the center, or your grounding anchor. Some peaceful music, perhaps some scents to help everyone shift gears from the stress or mundane to joy and endless possibilities. There is a singing chant that helped - "I will be gentle with myself. I will love myself. I am a child of the universe, being born each moment." After that, we invoked angels and the 4 directions, plus center.

We called upon the occasion of the full moon as a visualization tool. The moon as a symbol of YIN, right brain FLUID, ocean, tidal feminine energy. As we all cycle every 28 days with our monthly flow, so does the moon cycle in and out of the stages- waxing crescent,

## *In The Beginning*

waning crescent.

We see this in our lives as the virgin enthusiasm, mother nurturing and grandmother wisdom. We also see the moon as a guiding light, a beacon to light the darkness when we need her the most. Not with a glare but with a softness you can behold.

We began by purifying and circling our group in a loving soap bubble. We visualized the shimmery bubble that the magical Glenda used when she appeared to Dorothy in Wizard of Oz. Glenda had the power to bubble herself with this vehicle to take her great distances in safety. So do we.

When this feeling was reached, there was music to imagine a silver ray moon-beam being disperse from the beautiful face of the moon, right to the center of our circle. When we felt the beam had landed, we began to speak.

Some people call this activity "Drawing Down the Moon". This is because we ASK for the moonbeam to connect the feminine divine from without to the

### *In The Beginning*

feminine intuitive presence within. "As above, so below."

We all took our turn to speak after turning our thoughts to a loving place, feeling that safety, and not being afraid. We passed around a token like the Lady Liberty Silver Dollar.

When you got the token, you could pass or speak on what you heard or felt at the moment. Like the inkblot test where the psychologist says "What does this look like to you?" - there are no wrong answers. A knee jerk reply is - it's a butterfly or it's a face or whatever the subconscious thinks it appears like.

Putting yourself in the "flow" and trusting the process, you will find amazing results. Because the universal energies work better with motion, it is better to get your tongue rolling with the statement "I am She who is called". Just say that and see what you will say next.

Everyone became amazed because they were sure that whatever they said was very profound and had



### *In The Beginning*

deep meaning to them. The trouble is, in that floaty space where your being is between worlds, it is hard to remember what you said. Many of us said they wish they could hear what they said because they already forgot it by the end of the night.

With that being the theme of many of the members, we began to tape the messages we were receiving. The tapes were hard to hear since many spoke in soft awe-inspired voices that did not pick up well. Since my voice picked up well, it was often my messages that were the easiest to transcribe. So the messages in this book basically came from the transcription of these tapes.

There are many, many more recordings archived that have never been transcribed, of myself as well as others that were taped. I pray that the messages shared with you are enough for now to console, inspire, amuse, energize, calm, but most of all give you the sense that you are never alone.

### *In The Beginning*

For myself, the group was a blessing because feeling an audience of the others gave me the need to speak my messages out loud. Without this, they would have been lost to meditative musings that could never be shared with you.

Sometimes the tape would not turn out right and it would disappoint me - until I realized that we are never really left alone, and all that inner wisdom and guidance is still there. If we would only ask and listen! If you don't go within, you go without.

If you are alone and want to get started, try writing down what you hear or tape-record yourself. Some people can even do this at the computer. Imagine that what you say will be used to help many, many people, and then you will consider it a noble mission to save the information. Many of us do not feel comfortable with asking for ourselves.

## *In The Beginning*



If this is you, then  
pretend many are  
waiting for the guidance  
to flow through you, for  
indeed, they are.

Even if you never  
have the desire to share  
your messages with  
others, you will be  
reaching all of your  
lifetimes, past, present  
and future with the  
wisdom you have gained  
in this life. Your group  
soul of all you ever were  
and all you will ever try  
to be will simultaneously

grow by your work.

Don't forget that your group soul will be able to  
touch many, many hearts in countless states of being.



## *The Messages*

The first message clears up any uncomfortable feelings of pagan idolatry with the identification with the feminine spirit. It eased the feelings of many in the group.



## *The Messages*

### *I am She*

who is the feminine side of Divine expression. I am the ancient Mother, who men and women have invoked since the beginning of time.

I'm here to talk to you, instruct you. Hopefully, clear up any questions that you might have in the back of your minds that you might have about the Goddess, deities, and how they fit into your spiritual life.

Many of you are planning to attend has been called "The Goddess Party". Some of you, in the back of your minds, are thinking: "Sure, it's fun, but what does it mean? How does this fit into my spirituality, if I dress up as an aspect--such as the Goddess of Cats, or the Goddess of Love, or the Goddess of whatever. I know it's all fun, and it feels good, but what am I doing here?

HOW DOES IT ALL FIT?"

### *The Messages*

What I'd like to say is that these deities are living and real. They are as real as anything that has been created. Your group has imagined a special guide, like a guardian angel who would watch over your group. You should know, that the minds, hearts, and thoughts of those in spirit are allowed, yes encouraged, to complete more creation. Just as you created this guardian, men and women over the centuries have created their deities, and these become real and living. These deities may be seen as friends, as sisters, and brothers.

As your sister Margaret said- "My love is as you to Me.", so any deity that you choose will become strengthened by the power that you give it. Any many still have power, throughout the centuries. The collective unconscious of mankind, still recognizes their beauty.

I want to tell you, my children, why these pagan deities fell before, and why you may invoke them now. Before, the world was young, and there were many

### *The Messages*

souls that were educated, wise, and understood that the flow of spirit is ONE, and that these deities were but pathways into that flow.

But, there were also very young, naive souls.

Through fear and ignorance, and culture and tradition, they were swept into a life of worshiping tribal, minor deities, as they were told to do.

They missed the boat. What is your saying?

It is- they couldn't see the forest for

the trees? This is what these early pagans did.

Instead of seeing the beauty of all the aspects, all the paths to help them know spirit better, they began focusing on the deity itself.

This is why the beauty of these deities were lost, because the beauty of them was their connection to spirit. The beauty of them was the unique pathway that they provided into the pulsating river and flow of spirit.

Why I say you may call them now, is because hopefully, humankind has grown to a higher level

### *The Messages*

of understanding. True, there is ONE Divinity,  
but this Divinity can be seen through  
many different forms and angles.

Just as you look out through your front picture  
window, then go to the back of the house,  
and look out your back picture window,  
you see nature from a little different perspective.

If you don't focus on my deity as better than yours  
game, and love them all, in relationship to the Whole,  
and to the river of spirit, they may live in your minds  
and hearts. Keep in mind that every deity that can be  
conceived by the mind of man, is but a minute portion of  
All That Is.

**All deities are here to serve Spirit.**

**Spirit was not created to serve deities.**

So my darlings, there may be differences,  
even at the Goddess Party, between various paths.  
There is a way to smooth this over, and in the coming  
times ahead, when so many are tapping into their  
religions, their spiritual natures more deeply. Just



## *The Messages*

remember--All Spirit Is One.

What ever side stream you choose to guide you into that pulsating river of life in spirit, is good for you. Emphasize the common, not the differences, and this is how we will bring all to truth, light and love.

The second message gives us help in setting priorities.

## *I am She*

who is the feminine, inner voice of guidance. I am here to talk to you about decision-making.

Sometimes when gathering up the bounties of life, it is like going down the supermarket aisle with one of those little baskets on your arm. You've only stopped for a few things, and before you know it, your basket is full, and you start juggling all the oranges, cans, bottles of juice- under you arm and in your other hand. You wonder how you're going to carry it all.

### *The Messages*

Life is like that, my daughters. Sometimes you just have to look at what you put into your basket, and say to yourself, must I really have this in this shopping trip? What do I really need in my basket?, because I can't juggle all the way to the checkout counter. I may drop something, break it. Make a mess trying to juggle it. Or, I could start over with a shopping cart, which would have given me more room. Or, I could take up juggling and become more skilled at carrying too many objects.

So what do I do with all of this bounty that I've gathered up, in my basket? This is where the hard part comes, because this is the judgment. You then must say, what do I need the most? What will make me the happiest? When I get in my car, what will I say --Phew, I'm really glad I remembered to buy that!

So you have to set a few things down, and leave them on the shelf for another trip. Just take the things that will complete your day as much as possible.

### *The Messages*

Sometimes, you are a little sad about letting go what you thought you wanted so much in aisle one, now is supplanted by something in aisle five, and the thing from aisle one must go. It was good, and you still desire it, and many others will snatch it up. But you have to leave it out of your basket, and say--another time. Sometimes, days are like this. You have to cherry-pick what the most important thing is to do that day..... Among millions of marvelous opportunities of the day. Sometimes, lifetimes are like this. Career paths and life's goals are like this. You can't be Mother Theresa, and a matriarch of a large brood of offspring in the same lifetime.

So, choices have to be made. Some things that are good have to be set aside, so that you can keep in your basket what is the truest and best.

Hopefully, what you keep will give you the most progression in this lifetime. Maybe next lifetime, or the next shopping trip, you can go back and buy those other things as well.

### *The Messages*

How do you know what to keep?

You know what to keep by what gives you the most pleasure. What makes you feel the most happy and excited, and what would give you the most pain if you had to part with it. Arianna said to her sister recently on the telephone, when she was talking about creating dances and shows, she said - Isn't life grand?, Isn't it fun?

Remember those things, whatever they are, that make you feel this way. That put a spring in your walk. Keep them, my daughters. Hold on to them tenaciously. That which your spirit is destined to do, that would lead to it's most excellent development in this life, will bring much pleasure to you. So keep hold of those things.

But while I tell you to take notice of your pleasure, this does not mean that I want those who hear me to be saying "if it feels good, do it!" Because, my daughters, so much in this life feels good. Unfortunately, you can't do everything that feels

### *The Messages*

good, all the time. Things such as meditation, eating, alcoholic beverages, some drugs, sexuality, are all good, are all pleasurable.

However, allow your will to ride that wave of pleasure. Don't allow that wave of pleasure to override your will.

Susan spoke tonight of a couple who are having a lot of pain right now due to alcoholism. Many have found pleasure in my beverage from wine, and alcohol. It is an example of how you must not wallow, or get swallowed up in a pleasure.

Use your will to ride the crest of the wave. Like the skilled surfer, who rides that lovely white-capped peak of pleasurable energy, he also knows when to call it a day. Pack in that surfboard, and go on home. So too, with all acts of pleasure that I bid you to enjoy. Enjoy them all, in moderation, in love and in balance.

You are my queens. Your status is regal. You experience your sexuality, your spirituality, your

### *The Messages*

physical, your mind, your wisdom. You are my queens. I'm counting on you to be regal. ..When they look at you as priestesses, let them say to themselves: " She walks in beauty, like the night. On endless horizons. She's the breath of spring to the earth. She's the hope of civilization. What a piece of work is she, how noble in reason. How infinite in faculties. In form and movement, how expressed and admirable."

Be it all, my daughters. Have fun with it. Make your choices. And, unless you go to juggling school, take a look at your baskets. See if some moving is in order. This is a good time for you to do it.

## *The Messages*



After this message, the song danced to that evening was I AM FREE, by the Who. On the paper handcuffs were written private needs to be ended for each participant. The paper handcuffs were snapped off during the dance.

The third message was about the need for acceptance that many of the group felt due to the changes they were experiencing.

*The Messages*

*I am She who is the Feminine Spirit.*

I'd like to thank all of you for your lovely dance and songs. The sincerity in your eyes twinkle like stars. You certainly do glow in your bubble of love, with many colors, just as your lights do tonight.

There's been, I'm sorry to say, some darkness that's come across the lives of some of your sisters and people who may hear this message, and it is to them that I speak. It seems there have been some troubles about acquiring acceptance of your desires, your bliss and your spiritual quest from those around you.

Now, you must not be too hard on yourself for even the Master did not acquire immediate acceptance. Many a town, he left in haste with those quick on his heels that would like to strike him, but he stood in his integrity, he stood for his bliss, he stood for his love of spirit, and kept going.



### *The Messages*

And you, my children, when you find your connection to spirit, whatever it is, when you find your bliss, when you find what it is that is one with your highest evolution, don't give it up.

Sometimes you can't just leave town, as he did, and move on to another place where people will accept what you're doing more graciously. Sometimes you have to stay in a situation with families, with home, with work. Sometimes you have to stay, and then what do you do when you find yourself misunderstood, held back, questioned?

My daughters, this is a complicated issue, and I certainly don't want anyone to stay in a situation that is not for their highest good. Should you choose the tougher road, to stay and see what can be done, to gain acceptance of your path, then there are things that I could offer for suggestions to help you in this endeavor,

One is - whenever starting out new ideas, new plans new dreams, with your family and loved ones, just

### *The Messages*

remember that plan and that dream had been incubating in you for a long time, maybe years, to bring you to the point where you would like to do it.

Here is an example -eating vegetarian food. It may be something you've seen other people do, in the last few years, maybe something you've read some articles about. Maybe something that every time you open up a newspaper, you read about. Fats or whatever in the diet, and now you would like to try this in your home.

For you, this has been a gradual coming of aware and life changing decision that you would like to make. And then, you drop it at the dinner table and say "I would like to eat vegetarian." Your family, it may be the first they heard of it, (or next to the first they heard of it). They react not so kindly and say, "What about the fun we ha grilling steaks outdoors, didn't you enjoy our times around the picnic table? Didn't you enjoy the hot dogs and hamburgers with all the summers past? You're leaving us. You're leaving us with

### *The Messages*

our memories, and you're changing, and we're not happy."

This is an example of many situations that many of you who are on a spiritual path run over and over and over again in your homes and if you would like to deal with problems like this, just remember that for you, the shift in consciousness was gradual, but what you're asking them to do in their acceptance is very abrupt.

So if you'd like to lovingly provide them a chance and opportunity to accept your new decisions, then you must think of how it feels when you walk out of the dark theater. Leaving the back door at showcase cinemas where your eyes have become accustomed to a certain kind of light and you go outside and its broad daylight and there may be snow on the ground and there's a glare in your eyes and you can barely see and for a while. You almost have to close your eyes and feel your way to your car. You'd really like to hop back in the theater and come out more gradually, wouldn't you? Well, this is the same with them.

### *The Messages*

For you, it was a slow shift in consciousness. For them, you saying "I'd like to eat vegetarian" at the supper table is like them stepping out of the movie theater into the strong sunlight. Of course they're going to flinch, and if you want acceptance, then you're going to have to be patient with your desires and warm them up to it gradually. Take them out to the lobby for a while, let them play a video game before taking them out into the strong sunlight.

Then the sunlight won't make them flinch and you can all walk in the sun together.

Some of the women and men, when they hit spiritual progression, they get on a fast current, a fast current of spirit that sweeps them along. They are like race horses at the starting block jumping into every thing that they think will aid their spiritual progression even further, and in this city we know there are many.

But if you try to take three steps forward, what good is it if you're thrown four steps backwards? You

### *The Messages*

end up one step behind where you were in the first place.

So, in gaining acceptance of your quest would it be better to pace yourself, taking just one step forward. Then say "This is where I am, this is who I am, this is where I want to be". To shine with the love of where you are, to stand firm and fast in clear resolve, and let it sit for a while, and then take another step forward, when you feel that the time is right.

This is what Arianna and some others may need to learn how to do, if they choose to value the acceptance of those in their life that mean so dearly to them. But, if in taking the one step and standing true to who you are, and doing as I say does not work, then it may be time to let go with love. My daughter, at this point, you will sleep well at night.

You will know that you did the best you could,  
You will have peace with your decision. There will be

### *The Messages*

less confusion in your heart, in the hearts of those in your family, should it come to this, if you do so wisely.

And when making a decision about whether to stand firm, on your one step, just say to yourself-  
**"Is this something that through my belief or my behavior would aid me in manifesting love through form?"**

If clinging to the belief, the behavior, the concept would aid you in manifesting love through your form in the best, most blissful expression that you could, then hold firm. Hold firm. But, if you question whether or not, it would help you manifest love through form, then maybe you're standing firm for the wrong thing.

Remember as your sister says "We are counting on you to be beacons of light, of joy, and of bliss manifesting loving beautiful selves in the world." Be that person. Don't allow your head to be so wallowed in confusion that you can't let this shine through." Thank you my children.

## *The Messages*

The forth message quiets the discomfort with the term "magic". Perhaps it is an echo of the past, when a woman could be burned for less.

### *It is I who you called.*

Last month, a lovely soul was invited to join in the spirit filled delight of your monthly gatherings. While the woman was happy to learn about the feminine side of divinity, she could not accept the term "magic". [She had a hard time translating the meaning of magic into manifestation, or miracles. It is not sorcery or manipulation. This was a sticky misunderstanding that was an unexpected development.]

Arianna has come to Me over the course of the month, and asked....."What was my lesson, what do we need to know about this situation? How can we better handle this, and become wiser for it?" This is what I'd

### *The Messages*

like you to know. Judge not any souls who will not understand what it is you do here tonight. Just love them .

I would like to tell you a parable about this. It is like we are all out on a lake, always trying to land on that lovely shore.....where you will be safe forever more. [This is in reference to a Libana song sung during most of the ceremonies.] All the souls are in this group of human experience, in this lake.

When we have hurts and disappointments, and we get tired of trying to swim, we find a boat. The boat gives us comfort. The boat gives us direction. The boat gives us coping skills, that hopefully will bring us to that shore.

I, as your inner Goddess, inspired by the Moon, am one such boat. I offer to you, as you sail with Me across the waters to the shore, a beautiful, magic filled life. Now, there are other boats out there, and they are also taking their passengers to the shore. For one reason or another, ---because the boat was there,



### *The Messages*

or because this is what their parents gave them, or because this is what they are attuned to, they are choosing other modes of transportation, to land on the shore.

When you find one like this woman, you will see allot of stubbornness to hang onto the boat that they have. This is understandable. You should feel comforted in the fact that those who cling most tightly to their boats, are the ones who are receiving the most comfort and coping with their lives because they are in it.

Now all of you here tonight are souls who are able to climb in and out of various boats. All of you were raised in a Christian tradition, yet are able to climb into My boat. There are reasons for that. One is, you're very agile. The other is, you have sisters who are helping you step across, into my lovely sail boat.

Just as the passengers would rescue a swimmer overboard, so too are those helping you up into the boat, or step from one boat to another, without

### *The Messages*

sinking. But, you have to be adept and agile enough, and have the desire to do that.

There are those who say---"Stay with the boat you have, you'll get to the shore faster". You, my darlings, prove that if you don't buy into all that guilt, can step in and out of other modes nicely, and still enjoy the journey to the shore.

There are a few masters who need no boat. You know one such Master who could walk on water. There are a few of those who can go from shore to shore, and need no boat. That is lovely. But, as you saw, when others tried to follow, they walked on water for so long, and then started to sink.

If you need a boat, I can be your lovely clipper ship, and will take you where you want to go.....to the shore, to at-one-ment, to where you know your worthiness, power, and connection to All That Is.

Back to the word "**magic**", that was a stumbling block for your dear visitor. There are many magical things that happen. My creation is filled with the magic

### *The Messages*

of rebirth. When you look at what the Master did in His healings, these were nice, but not so unusual, when you think about it. There are people today, putting their hands on the television screen, during the 700 club, and receiving healing. Is this really healing from the television screen? Or is it them, dropping their wall, and their separation, becoming, for a moment, worthy enough? Are they are feeling their worthiness, enough to allow spirit to heal?

While you ponder this, I need to say something about this Teacher, and He was a good one. The biggest magical act of his life was when He asked forgiveness for those who caused Him pain.

In the garden He was tired. He was scared; He asked that this cup might pass. He became cross with his disciples when they fell asleep. He wanted the comfort of his friends around him, and He had not. He suffered pain, humiliation and desertion.

One definition of magic is "the art of changing consciousness at will". At that moment He

### *The Messages*

consciously chose and willed to forgive, to release, not only those who crucified him, but all the friends He felt let Him down. And, He forgave Himself, for not achieving the glorious mission that He thought would end more successfully.

The crowning magic was that He proved, in the face of all, He could conform His consciousness at will. This is the ascension of thought that you must learn too.

I love to offer you magic on simple things - Keeping cars running, health of children, business success. This is part of the magical life that I offer to you in My boat. But, the greatest magic of all, my darlings, is willing your consciousness to become one with divine will and flow.

Magic starts in will. Will yourself to keep your consciousness ONE, and we'll all land on that shore. What a party we will have! Merriment of types you will never dream of. Heaven is not dull. We can make it here too, my daughters.

## *The Messages*



We now played the song "Magic" by Olivia-Newton-John danced.

The next message is about creating a positive life style.

## *I am She Who Is Called.*

I am that which is brought into this circle through your own connection you're your spirit, as it is illuminated by the silvery ray of moonbeam.

We talked before about positive thinking and not allowing yourself the luxury of negative thinking, although I would hardly call that luxurious. But I'd like to extend that thought because I think you're ready for it.

Rather than thinking to yourself "I'm a positive thinker", today I will think positive thoughts,

### *The Messages*

extend that thought a little bit further, a little bit deeper, and say instead of positive thinking, "I adhere to positive living".

What is the difference between positive thinking and positive living? I'll give you some examples. There are many, many ways of expression, learning opportunities, pleasurable activities, fun activities, teaching opportunities, millions. And there's probably thousands that present to you every day as the minutes tick by.

What I mean by positive living is, out of the wonderful positive things you can do . There's only so much time in a day, so what you need to ask yourself is "Out of all the wonderful things that I could be doing with my evening, with my day", with whatever the free time is that you have, say to yourself: "How do I want to spend this time, how can it best serve my evolution as it is towards my highest good?". Where it is towards your highest good, so too it will follow that it

### *The Messages*

will better the ascension of not only your soul, but the souls around you, and the hope of the planet.

So to give you an example, Susan had an opportunity to spend some time with her daughter on a beautiful early evening, the crisp blue sky and beautiful red leaves on the trees. She had the opportunity at her daughter's suggestion to take a walk around North Park Lake. Instead, they went to the shoe store and they both had some really great purchases.

But the next day as the weather changed. Something you can do on a rainy day is shop for shoes, and walk along the lake when it is sunny.

Sometimes your choices are not between a right and a wrong but between a right and a right. But with the amount of awake consciousness that you have at your disposal during the day, ask Me, or ask yourself, your own divine connection to spirit, when you're looking at these choices between a right and a right, what can I do that would best serve my pleasurable

### *The Messages*

progress for today, for my evolution? And hey, don't do it so seriously, do it like tossing a coin, but at least bring that thought to the foreground in your consciousness that you do have a choice.

You have a choice as to where to live in your consciousness, because that is the only place you can live. You can't live in a dwelling, you can't live in an environment, you live in your consciousness. So choose how to spend your consciousness and choose it wisely.

This is what I call positive living. And by the way, there are times that you must spend in mundane tasks, such as chopping wood and carrying water, or spending it on a job that you might not find so pleasant that day. When you find yourself in situations like this, find ways to whistle while you work, like the Seven Dwarves who sang "Hi Ho It's Off To Work We Go".

So too you can choose to manipulate your consciousness at will, and this is true magic. You can choose to manipulate your consciousness to find a more



### *The Messages*

joyous and peaceful place for you to live, to work, to play, and to grow.

So my children, remember when choosing that right thing which seems to be right, ask what would bring you the truest pleasures, the truest peace, before proceeding with it. Like the Amusement Park that brings many delights and many pleasures, if you stay too long there you will get sticky, you will get dirty, and you will get tired.

So choose the peaceful times as well as the exciting times. Choose the quiet moments to connect with your spirit and look at your day and plan how to use your consciousness. Spend it as you spend your hard earned cash. Spend it wisely. As you pass over to the other side and you see your life flash before your eyes. You see it from the beginning to the end, the totality of it, and you go to your highest self to report on how you spent your life.

It is just like coming back to school and doing that report "How I Spent My Summer Vacation". Each life

## *The Messages*

is like another summer vacation. Come back with stories of how well, how pleasurable, how you spent your vacation time here in joy, in progress, in fruitfulness.



Susanrose and sister on Vacation in San Francisco

The sixth message is about embracing beauty.

*The Messages*

*I Am She Who You Called.*

I am delighted right now, at being here, with such beautiful, beautiful Souls and forms of physical manifestation.

I want to talk about the magical confidence and beauty, cheerfulness, and strength that you surround yourself with as a powerfully attuned woman on this planet. Many of you have grown up in a time of oppression of women, and have been told that vanity is a sin. For many years, many of you were forbidden to uncover your hair in a place of worship.....to protect the world from the beauty of your lovely locks.

Well, I'm going to give you the reverse opinion, Which is--to hide your lovely inner or outer beauty from the world is more of a wrong than to indulge in pampering yourself to look beautiful.

Sure, there may be a few women somewhere that over do it, and are overly stuck in their appearance, but for the people in this room, let me assure you, that

### *The Messages*

anytime you go out and buy yourself a new dress or fix your nails, or take that long soak with perfumed bath beads, you are serving Me, the presence of beauty in yourself.

You honor My beauty by allowing yourself to be as beautiful as possible. The joy that you bring to those who see you, looking as lovely as you can, is a gift that you share with men and women. How they enjoy you! How they want to help you, when you feel this way!. The psychological boost that you feel when you feel yourself looking your best is an energy that spills out and blesses all you contact in your travels.

Not only can it help bring a man into your life, (for those of you who wish for one), but it also works with strangers, and people you have no intention of having a sexual relationship with..... just brightening their day, and greasing your wheels for a smoother ride through the day.

So when you give and give and give of your time to other causes, and don't give to yourself,

### *The Messages*

to allow the best physical beauty that you can, for most of the days, then actually you are robbing yourself and the others you seek to help, by not giving them the beautiful you.

Daughter, regardless of what your appearance is now, you are beautiful in my eyes, already you are beautiful in spirit. **Physical beauty is not what gives you power, your power is what gives you beauty.**

Remember this when you look into the mirror. Realize that it's your power in the divine magnetic field, the flow of Spirit, that keep you beautiful, alive, and vital. When you are connected to this spirit, you cannot help but be beautiful, no matter what age you are.

When you smile, and this radiant glow lights up, truly, you are powerful. Manifest your beauty both in form and through your spirit. Cherish the gift of your physical body as a vehicle of your soul, giving us the ability to complete creation in the world of form.

Your inner and outer beauty can help me reach

### *The Messages*

more of my children. Show how happy you are, and how happy they can be as well. So if you can help me in this, I would be very grateful.

One last point, when they do see your beauty, if it is somebody that you would like to start a loving, sexual relationship with, remember your station.

You are a noble Priestess -



Don't let him guzzle you down like a drink of iced tea on a hot day. Let him savor you like a fine wine. Let him wait to bring you to the right temperature. Let

## *The Messages*

him sniff your aroma.

Then, let him sip you sparingly, because it is the wanting and the longing that makes the fun occur. With that my daughters, I'm going to say goodnight. Arianna has provided a present. What this present is, is a lovely sign of how beautiful you are and how



beautiful you can be. There is a flower and a ribbon. I want you to attach the ribbon to the flower as a conscious decision for you to embrace beauty in your life. Beauty to enjoy, as you feel beautiful

yourself, and beauty to share with the world.

### *The Messages*

The seventh message is about finding a loving relationship.

### *I am She who is called,*

The group is very special, very close, very similar tonight. All with a similar intent....all with finding a higher love. All have been through the experience of looking for love in all the wrong faces, places, situations.

And now, my daughters you are seeking, in form, something which is known as the Divine Masculine. This is a difficult task because divinity in competition with ego, when it is seen in forms such as men and women, is fleeting and elusive. When you catch that glance of what you think is Masculine Divinity, it may be a momentary breakthrough, in the lover that you see.

But, it becomes, as humans will, clouded over and separated from the one you thought would be so dear. So there is disappointment and heartache, because no one is that perfect.



### *The Messages*

I'd like to make a recommendation to you, when seeking this higher love in form. When seeking this divine lover, you must first find Him within yourself. He is already there with you. He would like you to know him. He can have many names. Whatever name you choose to give him, but he IS there. He must be the kind of lover that would make you whole, the kind of lover that would support, hold you up, and encourage you to your highest potential. He spirals up with you in perfect delight.

Imagine what he would look like, what he would feel like. During such times that you are enjoying secret pleasures, invite your Divine Masculine to make love to you, to fulfill your moment of climax with his presence. Make love to him within yourself. By loving this truly whole and supportive and sexy male presence, you will be more familiar with him, to recognize him when you see his aspects in a man of form. Because, what you fantasize about in your secret times, is often the kind of man that you may attract to yourself in your reality.

### *The Messages*

If you are imagining love to a divine lover who honors and respects you, then you will NOT be attracted to the type of man who dishonors you, who uses you and humiliates you. You will have no turn on, no place for this type of man in your life. You will not vibrate with him, so he will be deflected from you before the relationship gets to the point where it may hurt you.

So have that sexy, powerful relationship with your Divine Masculine and do so without any reservation, in abandonment welcome Him to your arms.

The eighth message is on the topic of self-esteem.

*I am the Lady of the Silver Ray,*

who dispenses Goddess Energy to all life and forms.  
You, my darlings, as my creations are lovely  
manifestations of this Divine Energy.

## *The Messages*



I want you to see a pedestal, like the top of a marble column, with ornate decorations.

The pedestal is not too high. It is not hard to get onto. Take one step up, and transform yourself into being consciously aware of being the Goddess that you truly are.

For your sake, and the sake of all, take the small step up. Let my light shine and spotlight you, your own unique lovely beauty, the gifts that only you can offer to the world. Let me showcase you in dazzling light and splendor.

### *The Messages*

The Goddess deities of old were beautiful, and they still live in the etheric.

**I tell you now, that YOU are the ones that have the power.**

**YOU are the ones that have the will.**

**YOU are the ones that have the opportunity to manifest through form all the beautiful love you can shape.**

**You too are creators with me.**

As you shape your life, you are shaping my manifestation of divine feminine creation. We share this gift together. I want you to go home and during this next month as a trial, before you go to sleep at night, I want you to imagine yourself standing on that pedestal.

Bask in that silvery moon beam light, even as you are tonight. Say to yourself "I Virgie, or I Margaret, or I Mary Beth...AM Goddess Energy made manifest today !" Say this once a night my daughters, and see

### *The Messages*

what wonderful changes occur in your life. Use your will. Take that step.

Now that you have visualized yourself on the pedestal I must tell you that it will change the way you look at things. Your horizon is much further away when on this pedestal. You will get more of an overview of the big picture.

This will bring you freedom. You will see that your horizons are not limited by your general vicinity, but extend much further than you ever dreamed.

Imagine a Native American Indian living in the Toronto area in the old days. Now, put him in the Toronto CN Tower, where you can see all the way to Niagara Falls! Imagine what magic he would think this was!

The same is true with your pedestals. As you raise yourself up, raising your vibration, raising your thoughts, raising your ideals, your horizon becomes further and further away. You can see clearly what is underneath you,

### *The Messages*

you will remain grounded. You will see your potential in ways that you have never dreamed before.

This is a gift. Once you have felt your worthiness and can accept it and then look around, the view is really beautiful. Allow this beauty to feed you and give you patience for those that you have to interact with in your daily life. You know who they are. They have not stepped up upon their pedestals. They are bumping into the walls that surround them. They don't have the overview that you have, or that you will achieve.



I guess you can realize there is no end to the height that the pedestal can grow. Remember that

### *The Messages*

your roots will always be in the Mother Earth,  
and you will always be able to see clearly those who are  
nearest and dearest to you.....your home, your  
immediate surroundings.

You will be balanced, even though you have the  
overview. If you remember your power and worthiness,  
regardless of how many changes your life or the earth  
goes through, you will have no fear. There is no need to  
claw for the latest etheric message on what the next  
change is to be.

TRUST that your life and your love will go on to  
infinity. This is all you need. Remember these words:  
Life is eternal, because love is eternal.

The Song "Life Is Eternal", by Carly Simon was  
danced to by all in the circle. It is from her album  
"Have You Seen Me Lately?".

## *The Messages*

The ninth message is on overcoming depression.

### *I am She who you called.*

Like the Moon's gentle light,  
I am She you humankind has called upon  
for guidance and light in times of darkness.  
I light the path for the travelers.  
As you travel in your life, you have chosen  
to call upon me, to light your path.

I am here tonight to give advice to Arianna  
and to all of you with similar conditions,  
to let you know how to proceed.  
Depression is a seductive mistress that calls to you  
longingly, but clings onto you ever so tightly  
once you felt her embrace. Not something that anyone  
enjoys, because depression lies to you.  
Depression tells you that you have no power,  
that all is hopeless, and that you are helpless.

You especially, who have led a group such as this



### *The Messages*

for four years should be aware of her power.  
But in trying times that knock you for a loop,  
even you can doubt. Even you can wonder whether the  
Divine is still with you.

So I must, must tell you to reclaim  
the personal power that you've always had.  
Realize that NO circumstance, no person,  
no activity, no guilt, no desire, NOTHING can rob you  
of your personal power.

It is YOU who lays it down, and enters the grips of  
depression. That YOUR choosing. If you say, "but my  
road has been too tough, I'm at my wits end , I don't  
now what to do." Realize that if you choose to stay in  
a difficult situation for whatever the reason, you are  
still powerful. Look at the power it takes for you to  
stay there, but realize that you are not trapped, that  
is your choice.

If your choice is to work through a difficult  
situation, whether the outcome be good or bad,

### *The Messages*

realize that you are the powerful one for staying in there and working on it.

Arianna was cautioned last month about the dangers of Fairyland..(lost in day dreams).She has emerged struggling through the swamps, and has regained her footing on solid ground, and her friends in the etheric have helped drag her out the final few steps. You must tell her to keep going, not to turn around and go back, and not to sink back into the murky swamp from which she has arisen.

To hold her truth, to hold her integrity, to turn her face towards the moonbeams and to move on in her path keeping with her integrally, and her truth will bring her peace wherever her path may go.

She is already starting to experience that peace, and should remember that as she follows her joy, her bliss, the other things will take care of themselves.

One thing about those stumbling stones, you don't have to stumble over them and you don't have to step on them and you don't have

### *The Messages*

to retreat from them. You can glide right past them, dance around them, keeping joy and peace and wholeness in your heart.

And all of you should take this to heart too, that no matter how down you are. No matter how tough of a day you've had, don't feel you're ever too low to come Me, your inner Divine presence. This love will lift you up. Bring the grace and flow of your dance into the rest of your life.

Dance around those stumbling stones.

Show others that joy and grace in the presence of your spirit, as well as in the presence of your form

On this Valentines month remember my darlings, do NOT judge your power by whether or not your co-workers your family, your sexual partners appreciate your inner or outer beauty.

Feel your personal power.

**Does a rose in a garden care, whether someone gazes upon it?** It is just as lovely and just as scented, and just as much graces the world with its

### *The Messages*

presence whether or not it has the admiration of a certain fellow.

So please walk in your beauty  
and power **and BE THAT ROSE,**  
whether or not your admirers are on cue.



Remember, your sexuality comes from your power, your power is NOT your sexuality.

Don't let the tail wag the dog,  
but the dog wag the tail.

Let your power shine through.

Be of good grace. Be of truth.

The eleventh message is about romantic love.

### *I am She Who Is Called.*

I am the feminine divine that is intermingled with Arianna's personality, within her being. Rather than being an imperfect filter, her personality and life is used as an example to connect human experience. I

### *The Messages*

teach you, through her life, troubles, tribulations, joys, her overcoming, survival, manifesting love.

I welcome all of you who approach me here. Take what I have to offer tonight. Put it in your heart and see what gifts you have received here.

The topic tonight is Love, and we have through the words of your wise Sisters described love in many forms. We have talked about the Divine Lover. The I AM presence that loves you unconditionally, and wants you to be passionately involved with life. And we've also talked about loving all of life. That creation is a manifestation of love.

My children, if you see that and believe it and claim it as your truth, then you will not fall into the trap of so many men and women who are out there being needy and grasping at a relationship to make them whole, when they are beautiful completely whole divinely blessed creatures of form, as they are.

So rather than seeking love in one special relationship, see it in the creation that you are

### *The Messages*

manifesting and all around you, and then the loving relationship will enter if that's what you desire. You will have so much more to give it, and bless it with your perspective which will bring joy to you and your lover in form.

Since many of your magical wishes involve drawing love into your life, I want to speak for a moment about human love between a man and a woman in a relationship. Like the yin/yang symbol that swirls the black into the white, in the blackness there is the one spot of white, and in the whiteness there is one spot of black. So too should you seek not to change your mate but to reflect him, balance him, to complement him, and to flow into the dance with him at opposite ends of the medicine wheel. Turning, balancing, complementing each other.

You are whole and beautiful just as you are, so you need not a physical mate if you do not choose it. But for those who choose to roll with this circle dance of masculine and feminine love, and those who have with

### *The Messages*

this wish especially on their wish list tonight I wish to warn you.

The love between humans is at times blissfully at one, understanding each divinity expressed in the other. But, remember that you are humans, and as humans you are still evolving, still under development. Just your road signs on Interstate 79, "temporary inconvenience/permanent improvement" so too for you and your lovers experience temporary inconveniences. These are improvements in your growth and your lovers growth, whether or not you decide to remain together.

Love in this human condition, yes it can be exhilarating but even in the best of situations can be bittersweet, can be painful. In that pain there is beauty, rather than regret, because it's the longing for the reunion that makes that welcome home kiss so sweet. And if the welcome home kiss does not arrive, be of hope and expectancy because joy cometh in the

### *The Messages*

morning, as love will wash over you anew, just as the grasses grow and flowers bloom in the springtime.

It is the pain in the parting that brings about the joy in the renewal later. As Bette Midler sings in her song in the movie "Beaches", "That's the story of, that's the glory of love." So you who wish for a lover, and you who are granted this lover or lovers, be prepared for not only the joy and the happiness and the excitement and the exhilaration, but be prepared for holding your lovers hand as you sit in the doctors office awaiting a diagnosis which may not be pleasant.

Be prepared for the day that you must say goodbye, because all on Earth will dust return. Be prepared to meet with him/her again in spirit, on other planes, as love is eternal, and you'll never die. Be prepared to greet love in other aspects and forms, allowing the comfort of the waves of love to wash over and cleanse away any pain.

And so my children, in this night with the magic of love being expressed in so many different ways, love all



### *The Messages*

the world, and love your lovers, but be prepared for the sadness as well as the joy. Without this you would not appreciate the sweetness of the joy. Count your blessings, look at your life and see all the love that's already there, and thank yourself every day for manifesting all the love that you already possess.



So with that I bid you the best of wishes, and all the magic of love scenarios that you create and

manifest this year. Peace to you. I am one with you, now and always.

### *The Messages*

The eleventh message is called - Just do it, leading a magical life.

I am She who is called.

I am Goddess of the Full Moon, which

Arianna uses to release her inner feminine divine.

I'd like to give some advice directly to Arianna, which you may all use if it applies to you. That is about the

time of year that it is right now, approaching the

Equinox, the time of balance between light and dark,

inner and outer, rest and activity, form and essence.

It is a good time to remind ourselves of the need for

balance in our lives. A couple of frustrations that

Arianna has been having, and one of them is when she

says to herself... "I don't feel magical enough. I'm

supposed to be leading others in the magical

life, and I haven't even been able to manifest a green

light lately."

## *The Messages*

She feels wobbly at times. She sees another alarm clock going off, to take her off to another ten and a half hour day at work.

What she needs to remember is that leading a magical life means living it with all of its mundane characteristics and responsibilities. and to make those times special and wonderful as well. Life isn't lived in the soap bubble of this loving Circle. Life is lived as we walk our walk in the paths and pavements and hallways of Pittsburgh.

She should remember as role models the wise women of Old Europe. What were these wise women healers doing? They were working. They were growing herbs and drying them, delivering babies, healing, planting, sewing.

Many of them did not have a spouse, so they had to rely on their own merchandising to support themselves. Many of them went to bed exhausted at the end of the day. So leading a magical

### *The Messages*

life doesn't mean that you're able to stop chopping wood and carrying water.

Leading a magical life means that while you chop wood and carry water, you choose your responses. Your reaction to the free will of others is what keeps your spirit happy, full, free, and able to move on to its highest progression.

So there will be times when you do that magical visualization and it turns out and you click your heels together and you say " My, what a fine manifester I am."

Other times, shit happens, and it will happen to you because there's free will of others all around you. There's times you can't get out of the way of another person's anger. The magic is your change of consciousness at will in a situation..... if you choose to perceive it differently. That's where the magic is, in your response.

So when starting that work day, think of yourself as a spiritual boxer with great big powder puff pink

### *The Messages*

boxing gloves on, so when you land your blows they'll be soft to the person you're boxing with. By covering yourself with light or taking the three to five minutes in the morning to surround your day with blessings, you will be like tying those big pink powder puff boxing gloves on your hands.

Take the time to connect the spirit, put on your spiritual finery in your aura before you step out. Do this and not only will those around you not mind being hit by your powder puff boxing gloves, but you will also save yourself a lot of sore knuckles.

So there's work, there's play, there's laughing, there's crying, there's stress, there's peace. A magical person always knows hope. She knows that the essence of Goddess, God, All That Is within her will refresh, rejuvenate, and give her faith to take a step into the new day.

As you are rebalanced you will be a better conduit through which energy will flow to others, touching those you wish to bless. Hold your head high, and

### *The Messages*

don't be frustrated by all that work. As the commercial slogan reminds us....."Just Do It".



The twelfth message is on the miracle of flight.

*I am SHE who is called:*

Arianna has been a hard one to catch up with, always busy, and her recent flight to Las Vegas. It has been a hard time tapping her on the shoulder, getting her to sit back and listen. She should know we will wait for her, but she must come to us in quiet

### *The Messages*

and in love, giving us the opportunity to speak to her.

One thing that we were able to get through to her recently, was the miracle of flight.. I'd like to use this analogy, because many of you are going through numerous difficulties. In the airplane, high above the clouds--there are forces that will hold a person down. They are not always bad, but they do hold you back.

For example, gravity holds you down, and if you are trying to fly, it can be bad. If you are trying to stay grounded to the planet, this can be good.



## *The Messages*

In order to choose to fly, you must acknowledge 2 principles that will allow you to fly. These two principles are lift and thrust. Now thrust is your use of will, (as you can feel in the solar plexus chakra). Your gut Will is the thrust of your body.

To draw the analogy to the plane, Will is what will propel you fast enough to enable you to take off.

Lift is your connection to spirit. It raises you from the world of form to the universal spiritual presence. Just as a flame can be allowed to flicker dimly, so can your connection to spirit wax and wane within your body.

This is why you need to know what you should do to feel closest to spirit. This is so that you can tend to your fires and feed your flames brighter with your source of spirit.

This source will give you the lift, when combines with Will to enable you to consciously take off at will. If you only have Will (or thrust), but no lift, you will be driving around the planet at 1,000 miles per hour. This is what



### *The Messages*

is known as "life in the fast lane".

So remember, when you try to fly, you all have wings, but even the birds must use the principles of lift and thrust. Once you're up above the clouds, you do not need to be involved with stormy details, and the lightening bolts that sometimes bounce back and forth between the clouds.

Would a pilot intentionally drop the plane lower to fly into a lightening storm? No, strong as the plane is, the pilot knows it may be struck.

So when you do achieve your flight above the clouds, check the weather before you land. Do not attempt landings in storms. Wait for a break in the storm, before coming down to the level of those who are so caught up in the storm that they would throw lightening bolts rather than welcome you into their cloud.

But you say Goddess, that puts me up there in the plane, doesn't that mean you want me to feel superior to those who are troubled?? Then I say no, my

### *The Messages*

daughters, this is not what I am saying. If you stay above the stormy clouds, you can be like the sun. The sun can still come through the clouds and give it's warmth. It can enlighten, as much as possible, the planet below.

Every break in the clouds can send forth a lovely beam-your love in and through the clouds. Beam it, to where you are sensitive enough to discern that those below need your help. Beam your love through the clouds, but do not allow yourself to be tossed by the winds of the storm. You are regal, wise.

You are the hope of the coming age. Know that you can love those who need you and cling to you, but realize-- you have a destiny. You have a mission. You have a date with the future-a glorious, beautiful land where we will all be in beauty and grace, like kings and queens, with no more strife.

Until then, when you make it above the clouds, wait for a pleasant day to land.

Know that I AM with you always.

### *The Messages*

The thirteenth message is about the meaning of the term "Salvation".

### *I am She You Called.*

Since many of you have come from organized religion, you may have questioned, "If I put my faith in my spirituality in this path, then what about salvation? How will my lasting salvation fit with my new beliefs?"

This is something I would like to share with you. Even if your path does not engage in such concepts as heaven and hell, salvation is necessary.

Salvation is the feeling of connectedness with the source, a joyful awareness of the spirit you ARE, and how you are part of ALL that IS.

Where ever your state of consciousness is, whether in or out of body, asleep or awake, you may claim this feeling, and call it salvation, if you wish to use that term. In every religion, what ever

### *The Messages*

path you choose, there are only three necessary elements to Salvation. They are, without much surprise, faith, hope and love.

So in this path of honoring Me, dive deeply into the realms of Spirit, and have faith that ALL Spirit is ONE. All Spirit is good. As one who said every hair on every head is counted, and none is lost, so too when you have faith in spirit you realize that not one drop of spirit is ever lost. We are all eternal, every drop is whole and good. Every drop is worthy, none is destroyed. You may place faith in Me, but have faith in this, my children.

The second necessary element is hope.

Hope is for the days when things are getting you down, and nothing seems to be going right. Hope is what you need when you say, "I know the Mother loves me, but geez, can't something so right for once?" This is what you need to turn your thought around to be positive. Hope in the positive, hope in the good, hope in the blessed. This will keep your mind out of the negative, where much time can be wasted.

### *The Messages*

The last necessary element is love. When I say love, I want you to start with yourself by loving yourself....even after you have made some silly mistake that is embarrassing. There is nothing that you can do that has not been done before. There is no wrong that hasn't already been committed, and my children, these souls are forgiven and whole, so why worry about what you may have done wrong? Know that the loving essence of ALL THAT IS judges not.

Just live in love, love yourself, let go of any feelings of embarrassment, guilt, or regret. When you are at a place of unconditional love for YOUR spirit, then you may love OTHERS. I 'm not telling you to run out into the world and help every person that needs help.

There are more worthy causes than there are grains of sand of the beach. Work with yourself first. When you love and accept who you are, then all those around you will be blessed. You will be doing it with very little effort, because it will flow through you. The universe

### *The Messages*

wants to work through you, and Spirit loves to work through forms that are open and flowing. This will bring you JOY. It will not bring your hardship, tiredness, over extension, JUST JOY. If you would like to look at your three sisters that dance together, faith, hope and love, See how they are in perfect balance, and see the fun that they have dancing together?

Ride the crest of the wave, My love is behind you.



The fourteenth message is about the meaning of our physical existence.

*The Messages*

*I am She who is called.*

I arrive with the silver rays of the full moon,  
but I am also beauty and spokesperson for those  
who would pursue the path of the wise.

The path that has a history, a mythology,  
a basis in the European beliefs in the sacredness of  
nature.

Many of you have come from different traditions,  
but I will speak to you of My tradition  
because this is who I am. I am seen in the trees, the  
woods, the groves, and the hills.

In all the universe, there is not an opportunity such as  
this. You are spirits engaged in this wonderful  
experiment. An opportunity to see the physical be  
raised to divine proportions.

We who are Goddess and God of the physical  
existence believe and trust and know that this is so.  
But you who choose our path must believe it also.  
The joy and the promise and the evolution

### *The Messages*

of what this planet was designed to become,  
It will be fulfilled with all of us working together.

There has been a falsehood sold to many of you,  
over the centuries. This is the falsehood, let me run it  
by you: Do not value priceless gift of life here on  
Earth, but look for it in the heavens, in the world  
without form, in the world of spirit .

My Sons and Daughters, you already were spirit  
before you chose to take on your fleshly robes.  
You are here to raise flesh to divine proportions.  
You are not here to leave flesh, to return to spirit.  
For then why would you choose to take up this  
form in the first place ? We are powerful spiritual  
beings doing the work of love on the earth plane.

I have asked Arianna to remind you  
of your divine masculine and your divine feminine.  
I want you to remember that the love between  
the masculine and the feminine both within and without  
is a gift to help you claim this fleshly existence.  
When evoked with the proper love and emotion,



### *The Messages*

it can provide even more pleasure in creation than what it would have been without gender separation.

So in this time of Equinox, think about your inner masculine and feminine. Your Yin and Yang doing a love dance, think about all the birds and the bees this spring. All the mating and all the wonderment of the masculine and feminine plant and animal life, coming together in a lovely dance. Hear the hum of creativity and procreation. Use that hum of creativity and procreation between your own masculine and feminine aspects to hum out a merry tune.

Whistle while you work.

Please allow yourself to be uplifted and reassured, in the knowledge that what you do in your work, whether its for pay or pleasure, your love made visible will raise physical existence to divine proportions.

None will consider this place of prison.

None will say that we are in a cave seeing darkly.

It will be the glory of the universe.

Souls will travel here to see how we did it!

### *The Messages*

This is our mission. This is our quest.

The divine experience is of course,  
much more than the harmonizing of masculine and  
feminine. Yet, this is a tool and a gift to be taken  
seriously. Don't smirk, brush it off and say,  
"that's only sexuality ".

As Paul Mc Cartney said,  
"some people think there's enough silly love songs.  
but what's wrong with that, I'd like to know?".  
and I'd like to know that too.

There's nothing wrong with that!

Fall in love, over and over and over again.

Fall in love with what you do. Fall in love with who you  
are. Fall in love with your friends, your community, your  
lovers. Fall in love anew every day and sing your silly  
love songs.

Heaven will be seen on Earth.

Together we will make our world one of JOY.



## *The Group Work*

Wouldn't you think the beauty of the messages would be enough? Amazingly, they were all spontaneously recorded. But hey, when you have that much divine grace - (may they force be with us), wouldn't it be even better to channel some of this to others? Remember that as you send out blessings, it makes room for your plumbing to be a conduit through which this energy flows. Directing the flow of this energy is fun and exciting. It brings in more and will never make you drained - it makes you feel more and more alive!

First of all, when sending out healing or otherwise light to situations, you must first get the permission of those you are doing this for! It may be the better thing for the person to experience the silver lining to the misfortune that would bring them to a far better place. So first have permission. Even if you do, say

### *The Group Work*

"This or something better, coming in a form that they recognize as good, for the highest good of all concerned, as it is one with what they are here to do!"

If you do not have permission, for example, sending healing energy victims of disaster, send healing golden energy rather than white light that may be blinding in intensity when an entity is not really aware that it may be coming! When sending light to a person who has been a source of trouble to you, always imagine that the loving Christ Consciousness golden light will embrace them, and that their higher self will in free will let in what the person needs at that time to be of help to them. Imagine the lost lamb around the shoulders of the Master, being carried in loving golden light, (this or something better).

When all have spoken messages, and the energy is still thick in the room, you can send some to your wish list treasure box, and then to a group cause. When you do a chant will help focus the energy. Here are some that our group used for a variety of world causes:

### *The Group Work*

For souls who recently passed over in the Okalahoma City Bombing: "Golden Light, Direct their souls, Guiding Light will make them whole."

For the Planet: "Mother Earth your children bright, send you love and light tonight."

To burn away negative thought residue: Darkened thought above us melt, Replaced by Light our Love is Felt! (Followed by, at a faster pace-) Thoughts melt, Love Felt - (repeat) All sit upon the release.

To place a castle of light to protect our home town and give etheric masters a haven to watch over us: "Crystal Castle is above, Pittsburgh shines with light and love."

For releasing our worries: "I have nothing to hide from worry or fear, I am whole and complete right now and right here."

A simple repetition in song or chant of the names of each of the members of the group, in love and reverence, is very personal and precious to all the members.

## *The Group Work*



If you can't think of a jingle to say, a group OMMMM or AUUUMMM can be very powerful with a single intent. Start by holding hands, raising them slowly as the energies increase, release when hands reach all the way up.

If you are in a group that becomes close friends, then it is good to have a bonding poem as each new member is accepted into the clan. Here is the one we used:

### *The Group Work*

"This bond of love and faith we build,  
That ever shall our hearts be filled,  
With joy each for the other's gain,  
and each to sooth the other's pain.  
Support, encourage fruitful lives.  
Our spirits glowing, we will rise! This is our wish,  
accepted, free, and by this act, so must it be."



The action done was the new member placed a silk flower into a vase that symbolized her desire to unite with the group. Each flower in the vase represented the unique beauty of that woman. Over a course of years, many added their special bloom.



## *A Word To The Wise*

...Just so that you can't say you weren't warned.

1. When you find your path, you may make other people nervous that they are not on theirs. Like a walk-in, they may be uncomfortable around the new you. Read the message on acceptance. But live your life, live it well with no regrets. There are also people who have related to you in a Power-Over structure that may be mad at your new-found independence. This may include those in organized religions, at your work, or in your relationships. Find peak moments in the ordinary experiences. You do not need to be out there on the mountaintops proclaiming the feminine divinity you have felt. If you do, you must be prepared to be a Joan of Arc, and well, you may need a different mission than hers!



### *A Word To The Wise*

2. There is a slippery slope to Goddess energies.

This is because all men need the love of the Goddess to sooth their warrior nature and wash away the blood of the battlefield- whether that be in actuality or symbolically, as in the corporate warrior. Remember that this is an aspect of the glorious spirit that YOU ARE. Don't allow yourself to be type-cast into a role that may not serve you, at least not for extended periods of time. Playing Goddess-God in the bedroom can be intoxicating, and it may serve to diminish just how powerful your birth into the earth plane is/was before you found the role as Goddess. Pretty in Pink? The pink power of the sunrise is who you were born to be. Your mission in your birth is role enough for this lifetime!

3. "Cast a spell on me, Baby, make me yours."

There will be men who will pay attention to you for the thrill of the connection to a higher level

### *A Word To The Wise*

of excitement. While this attention may be flattering, just remember who will hold your head and bring you cold water when you are barfing your guts out with the next Hong-Kong Flu? Keep the role play, if you must, in it's place, and don't let it encroach onto who it is that you want to say you are. Make sure if you will, that YOU are playing the role, and the role is not playing you.

4. You may be attracted to a partner who you want an extra "oomph" so that he notices you. Resist the temptation to cast love spells on others. One of 2 things will happen. 1. It doesn't work and you wasted your time and energy. 2. Worse yet, it does work and then... What ever you intend for another will come back to you 3 fold. Now I ask you... what woman wants to be in love with a man 3 times more than he is in love with YOU? A love spell that works will boomerang the co-dependency on YOU three times over.

### *A Word To The Wise*

Before long, you will be doing un-love spells for yourself to try to cut the cords!

5. Avoid the "W" word. A witch is usually someone who has said NO to a man, a system, or a belief that is limiting. Nevertheless, there is still a lot of ignorance and Hollywood hype about this word. Better to say that you are involved in women's spirituality, or even a meditation group. The Goddess is a big girl (smile) and does not need you to take up her banner. She loves you enough to just want to see you take the steps to unfold the petals of your life. She gives you more opportunities to expand into a more glorious version of YOU. YOU are what is important to Her. Your children and home are important to Her. It is not important to Her for you to protect Her reputation.
6. Time suckers and sub-cultures. There are terrific folks who will tell you of really great events happening and want you to join in with

### *A Word To The Wise*

them. Remember that you can do anything you want but you can't do everything you want. You will need to say no to a lot of good stuff. Your priorities are yours, but get in the habit to take close attention to where you are placing your energy. This spiritual quest is supposed to increase your energy, not scatter your direction!

7. Resist the temptation to over-identify with your new vision of deity, even though it is a path that is working well for you now. The big "G" is pure love, pure spirit and pure manifestation in perfect order. There is no judgment or room for exclusion or separation. There are no right or wrong paths. Even the paths that do not serve you will eventually bring you the joy of surrender to the lap of the highest truth.

**There is only one of us.**

The Earthly Mother-Father God may not even be able to be conceptualized in a world where intelligent life buds from yeast or spring off wet logs. Your

### *A Word To The Wise*

symbols of loving identification are your symbols  
and pathways to All - That - Is.

Cherish them, but do not strive to defend them,  
they are but instruments; the true Creative Force  
is the song. They are as real as you - aspects and  
manifestations of pure love energy. Sing the song  
of that force and be free! Complete creation. Love  
life.

"It's in every one of us to be wise

Find your heart, open up both your eyes."

"What you hear in the dark,

You must speak in the light. You are salt for the  
earth, you are lights for the world."





## *Out of The Nest*



This is the symbol of the Silver Sisters. We met from about 1989 to 1997. The inner core of the sisters still hang out together and share precious moments in our lives. We are all teachers and light bringers. To everything

there is a season, and the 7 year long season of monthly full moon ceremonies came to an end. It was time for the birds to leave the nest.

As their facilitator, I can tell you that they are all still living in light, sharing love and being inspirations. We still gather on occasion for spiritual work.

## *Out Of The Nest*

As for myself, the desire to be Goddess priestess has been replaced with just a simple wish for happiness all. She helped me in issues of self-esteem, worthiness and personal strength. She can still help many more. So you may need to spend your own 7 years (give or take!) before you are ready to reintegrate Her into the larger picture of the tremendous group soul that WE ARE.

Although much of the full moon priestess path is for the most part behind me, I will always love Her. She gave me my life. I know She will help you get your life back too.

Susan Rose (Arianna)

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My sincere novice desire to help is all that keeps me flying. With Her help, I didn't know I couldn't do it.