



# Budding Sunshine of Gold

• Glittering words  
collection



Förlagshuset  
**SILJANS MÅSAR**

# Budding Sunshine of Gold

~ Glittering words collection ~

[www.siljansmasar.com](http://www.siljansmasar.com)



~ Budding Sunshine of Gold ~  
navel of water  
giving birth to Life  
filling the air  
with scintillating visions

Madeleine Fjärilsdotter

Lyrics: Glittering words collection from our books;  
Publishing House Siljans Måsar, Sweden

Cover-painting & poem: Madeleine Fjärilsdotter

Publishing House Siljans Måsar  
[www.siljansmasar.com](http://www.siljansmasar.com)  
[info@siljansmasar.com](mailto:info@siljansmasar.com)

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## PREFACE

*Let spirituality grow and blossom*

Publishing House Siljans Måsar is a spiritual and female voice for authors that use the good and healing word in their work, taken from years of life experience including pain, fear and sorrow – wisdom, filled by the power of forgiveness and faith in life.

The seed to start this publishing house was sown one cold evening in October, 2008, by Lake Siljan in Dalarna, Sweden. It was a truly magical evening with distinct spiritual presence, where my writing started to take shape. During the following year, three books were written: "Light from the North", bringing a message to people, who wanted to understand their inner voice from a new perspective. Soon enough more authors joined the business and the publishing house was officially opened.

"Siljan" in our name represents the force and beauty of nature and "Måsar" (Gulls) represents the inner, subtle dialogue and the spiritual resource. Our ambition is to publish and highlight authors that share our philosophy relating to the power of love & forgiveness, benevolence, respect, thoughtfulness and joie de vivre. The group currently consists of near enough 60 writers with more than 75 titles, as well as audio books and e-books, in both English and Swedish.

Our books want to give You as a reader a feeling of comfort, strength, hope and happiness. Today we know that the power is within us, that we are our own makers and that the joie de vivre is something that every person can look inside and choose for themselves. To read a book where the author has been part of discovering new enlightenment in these areas, can release and create new thoughts. A book with guidance, power and spiritual values can give You insight to Your ancient power, which longs to be noticed.

*Make life flow, so that You can reap the rewards!*

With this anthology – "Budding Gold of Sunshine" – Siljans Måsar would like to draw attention to the important changes going on in the world and give the reader some tips of books that'll provide an opportunity to find his/her own strength. The books are filled to the brim with topical insights, ex-

citement and heartening thoughts, which can increase our awareness and thereby create the prerequisites for a more beautiful world for us all to live in.

In this anthology, we put on a feast of scintillating snippets from our published works. Our wish is to let You as the reader become more familiar with our authors and their inspiring books – filled of hope, joie de vivre and excitement. Because our dreams are most certainly what nourish the joy and happiness in our everyday life. This book is designed to inspire You into realizing Your dreams and to give You strength and energy through good, healing words and life experiences.

*"My whole being felt it was my mission in life to publish literature that conveys compassion, benevolence, respect, thoughtfulness and love. This particular night in October, 2008, was a stepping stone for me. It opened the gate that led to a constant channelling of messages from spiritual intelligence. I had to face trials and tribulations in this work, questioned, doubted, mistrusted and was thinking of giving up several times. But something made me persevere..."*

In the pages to come, we'll present You with a collection of titles from our publishing house – budding gold of sunshine that wants to brighten up Your life and make You sparkle.

*Publishing House Siljans Måsar*

*Yvonne Frank Månsson*

[www.siljansmasar.com](http://www.siljansmasar.com)

[www.northernlightwriters.com](http://www.northernlightwriters.com)

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**BELOVED CHILDREN ON EARTH**  
**Visits to the other side and glimpses of the future**  
**by Carina Sloberg**

Full of joy after the publication of my book "Spirit Lights" I felt: "Now, a new cooperation begins". This surprised me as exciting news. What would happen now? I settled with paper and pen and opened myself to the Light. The words streamed to me, filled with love, page after page. The texts describe what happens after our death and gives us fantastic glimpses of the future.

The goodness you can receive in these worlds can barely measure themselves with something, but if you compare a mother's or father's love for their child you can get an impression. You can move between different worlds without obstacles and have access to all of your wishes. Here you are without clocks and calendars, without obligations and work. You are not dependent on time, nor your heavy, physical body. All pains, ailments and fragilities you have left behind. All this you can experience, you who have not expected anything besides eternal sleep. Here, everything comes alive before you and you can travel through times and spheres on unforgettable study-visits. On this side of reality, you find your loved ones that have walked over the timeless line that unite us, before you. Your inner voice decides when the departure to the new earth-life will be. This happens automatically and does not concern you much.

Your time of blossoming will be ravishing and sublime beyond your comprehension. The social systems that shall rise from your suffering will be something to behold! The effects of your learning will become the inviting gesture of intelligence to the pleasure of the heart. In a flourishing society everybody is taken care of and is given equal value. Nobody is to be forgotten and everybody's unique characteristics are valued and administered, converted and then contribute to society's safe knowledge. We will no longer bring us to poison or pollute our nature like our forests, oceans and lakes. Our motto will be to guard all life and to only help and support our environment. Do not let yourselves be scared of your future meetings, for times will come when you will have to embrace a cooperation with our people. We are the people of the Light and will receive you with open senses.

The depth of your life is bottomless and the height of your life is roofless. No walls enclose your lifecourse and none of your time is measured. Such is Eternity's generosity! Such is Infinity's lavishness! The eager knowledge-thirsty student will have his thirst quenched with the wine of knowledge. In his stomach he will put the bread of wisdom baked with the enriching flour of life experience. His clothes will be woven with the fabric of clarity and his feet will be clad in the footwear of patience. His staff will be the secure pillar of trust and his path will be strewn with petals of bliss.

The earth's heart beats quickly in this time and needs to be calmed by your goodwill and helping hand now more than ever. You exploit this body and excavate its organs. You give sickness and sorrow to this Earth. You Earth-children – hold up and listen to the ancient wisdom! Guard and love your planet like you would your own body. Do you think the Earth lacks a soul? Help the Earth to breathe, to live. Tend to the forests and lakes. Take care of the air and ocean. Treat animals with respect and compassion and care for each other as equals. Your globe burns of desire for peaceful times and its wish are healthy, spiritual inhabitants glowing with the sun of love.

In the seed of the heart lies all knowledge and serenity that you need. Here also lies your communication with us, the people of the Stars. Intelligence in this people's consciousness is crystal clear and its speed includes communication with a plethora of individuals and people. Thereby everything becomes possible and visible. We are completely happy with showing our inner love for the Earth's children in this time of confusion and misery. We do not extort our words and we only sprinkle this dust over those who are receptive to these words. We want to show you perfection's wonderful star-strewn road, we want to show you these shining star signs.

FaceBook: Carinas författarsida

## **SPIRIT LIGHTS**

**by Carina Sloberg**

This book, filled with questions and answers about life, wants to give us glimpses of eternity. When I ask a question, I sit down in peace and quiet, ask the white light for guidance and that all answers will be useful and for the good. Perhaps you will find answers that speak to your within. Perhaps you will read this book as poetry. Perhaps this book will give birth to new questions in you.

Are you many who answer? "We are the diversity and we love you, little human being. You want to learn and you marvel. Feel the warmth we send to your heart. Feel the smile on your lips. Feel the hope in your eyes. Feel, that we love you, and accept everything. Your path is ahead of you. We give you miracles, but they will not be as you expect them to be. Feel safe because we are with you, feel trust and joy."

How do you help us earthlings? "We give warmth to your hearts, and the more you open your hearts, the more light and warmth you can sense. Lower your shoulders and believe that we exist. You can feel safe, you are not alone. Trust your insight. Enchant your everyday life and make it magical. It is you, who paints your day's painting, they are your colours and you choose them. It is your choice and your possibilities. Understand, that the choices and possibilities are infinite."

How do I help myself the best? "Decide three things for yourself.

1. The most important thing in life is what you decide to be of most importance.
2. You have an ocean of possibilities within you.
3. You realise yourself what you want to accomplish."

Do you need to fear death? "Do not fear death. It is beautiful like a waterfall. It is warm like a summer breeze. It is soft like eiderdown. It is pleasant like a sunset."

Which phase of development do we exist in? "You walk under the phase of "forced development" on your planet earth. Everything seems to happen simultaneously and at the same time. Even your life, from birth til death, is a forced, compressed lifecourse compared to many other courses of devel-

opment, where "time" is more far-reaching and knowledge melts together in a slower and more pleasant way. Your lives are relatively short. You are uneven in your growth. Some have growth pains, other live in a constant assessment of what is right and wrong. In other life-courses, existence feels more harmonical. The earth is a tough planet to live on, and your environment knows this."

Will the present world order result in chaos? "This, my friend, is a misbelief. The world is waiting for a denouement into chaos, but does not get one. The judgement day you a picturing for yourselves will not happen in the way you seem to believe. Everything is well in its order and life continues in the direction that life needs to. You admittedly create chaos in your thoughts but even that chaos is in its own nature a clear, comprehensive way towards the light. You thus walk into life and not chaos. Each and one of you has a personal plan, and at the same time are included in a plan that melts into one. Your individual plan follows its unique pattern, and to think that this plan results in chaos is naive thinking and is based in ignorance and misapprehension. You may think to be in the same boat, the earth or Noah's Arch, if you want to call it that, but you all have your own plan in your heart. This plan is divine and wise, and will lead you to the domains of light."

Give me some wisdom! "Walk out in the wind. What does it say? I am within you and around you, under and above you, we are the same. Do not reduce yourself, do not put yourself on a pedestal, either. I am the path you walk on, the trust you experience. The life within and around you. What do you want?" To feel peace, experience things and learn patience. "Good! The first you have within you, the second around you and the third is your life's wisdom."

You get 207 questions and as many answers. Everything is written in Spirit Lights.

FaceBook: Carinas Författarsida

**TÁ-SHI-NÁ**  
**by Oscar Nelson & Gun Karlsson**

The slender young mother with black hair and blue eyes will keep this precious moment in her memory forever. It was not easy because the moment was quickly disappearing in the subtropical evening breeze. Just like a little feather from a seagull, swirling in the wind. It was also difficult for her tall and powerful husband, with African roots, to keep this memorable moment in his mind. Their little baby girl, with coffee brown skin and amber brown eyes, felt that it was easy to capture this magic moment in her great soul, during her time travel through eternity. An intense sunset reflected in the clouds and painted the sky in coral and purple shades. The blue-green and turquoise Caribbean Sea mirrored the beautiful colors from the sun's rays. Small waves hit the coral reef that protected the subtropical island Taa-ná.

Tá-Shi-Ná's soul was still in progress. Her name comes from the Shoshoni language and means; "Little Sunbeam". She was still unaware of in what way her inner Light would effect lots of humans and animals in the future.

Our young family stood high up on the limestone cliff looking out over the sea and the island. Tá-Shi-Ná's father held his protective right arm around the small shoulders of her mother. Their baby girl rested in a baby carrier against her mothers chest, whose heartbeats comforted her.

Only a couple of hours ago, the family arrived with a sailing boat to their new exile home as refugees from the US. For their own safety the family had to emigrate from Alabama after the execution of the

senator, who was the grandfather of Tá-Shi-Ná. Their life was also in danger because her father was colored and married to a white woman. Besides, colored babies in the South were called "niggers" and other not so charming words for an Afro-American. The senator belonged to the Light Pyramid Order and attended the World Control Center, in purpose to get inside information about their negative activities. Unfortunately, they discovered his intentions. The Afro-American father of Tá-Shi-Ná was very active in the organization that was established by the Nobel Peace Prize winner Martin Luther King, Jr., who also was assassinated by a hired killer from the World Control Center, in his peaceful struggle against apartheid.

The World Control Center, placed in Washington DC, is "under the spell" of the opposite power. This World Control Center dictates the politics of all governments in all states over the whole world. Their members can be found everywhere, from main to minor cities. This umbrella organization controls large industry concerns, mostly of banks, some world religions, secret police, special military forces, UN, the mass media and the secret organization who controls the Pope and the Vatican. The more powerful the World Control Center became, the more Love Light energy has been created as a counteraction from the awakening masses.

[www.guniversum.nu](http://www.guniversum.nu)

Facebook: Gun Karlsson; Tá-Shi-Ná

# 97% OF BLUE JEANS & 3% OF CHAMPAGNE

## by Sidsel Cook

### Chapter 25 - The Turning Point at Claridges Hotel in London 1985

It was the PR lady from The Agency on the line:

- If you can be at the Claridges tomorrow morning at 830 you can have an exclusive interview with one of our clients. She is just passing by London on her way to Paris. Pablo the photographer is also coming.

- Who is the client?

- It is a woman who has managed to overcome all her fears. Her name is Brooke Knapp. It is all I want to say. You have to find out more for yourself. Will you be there?

- Yes.

I was met by the PR lady and Brook, a petite woman dressed in a pink T-Shirt and white trousers –She was born and bred on a citrus farm in California and scared of almost everything – until she was 35 years.

It was the year she fell in love with a pilot she decided to overcome her fears which she had listed.

1. Fear of flying
2. Crowds.
3. To speak in public.

It is amazing what love can do to people.

- There and then I decided to take up flying and to get a license.

We sat down in the exclusive lobby of Claridges Hotel. A waiter dressed in dark green served tea out of a silver pot.

- Wasn't that to go a bit too far.

- No. To me it was the only way. I understood that there are only two kind of people – The ones who is postponing everything they think is boring or unpleasant and the ones who see every obstacle as a challenge they want to overcome.

- Did you manage to get your flying licence?

- Yes but it took twice as long as for all the others. I was sick before the classes.

The first time I was flying by myself I was petrified and was close to hit a mountain. But, the second time she said with a big smile, my fear was gone.

- How did you overcome the other fears on the list?

We were amazed when she told us how she overcame all challenges like parachuting, survival course in the jungle, scuba diving and giving public talks ...

- My dream has been to try parachuting I said quietly.

- No, she said. If it had been your dream you would all ready have done it!

- How did you use your new knowledge.

- I became the fastest woman around the world which led to an invitation to a dinner party in Hollywood. There were many who complained about how difficult it was to rent a private jet. I asked them if they would fly with me if I managed to borrow money to buy one. They said yes.

In the beginning I did everything. I carried luggage an I cooked I even embroidered their initials on the napkins. Bob Hope was one of the first one to fly with me. Today I have 45 planes and many employees.

- What does your life look like today

- I start every day by tackle everything that feels difficult. It is wonderful. I exercise a lot. I love it.

I only eat vegetables but do not wan to call myself a vegetarian. I want to try everything and keep every door open. I do not want to deny myself anything. Pablo wanted Brooke to come outside for a picture of he in a sunny London. The PR lady leaned towards me ready to market the next person.

- Darling, I have got many new hot names for you. Hope to see you at the reception tonight for a meeting with Omar Sharif..

Suddenly I was alone in the lobby. Had another cup of tea while thinking about the offer I had received to become the Licensee for Matrix Hair Care Products in Great Britain. Why had I refused? Was it because I belonged to the group of people avoiding everything difficult.

I asked in the receptionist if I could make a call to Sweden from their telephone boot,

- Dad, I will try to help you to find someone who can represent Matrix in Great Britain. Could you please tell med the name of the best Hairdresser in London? I will ask him to test the products and we shall find out if they are as good as you say they are.

- The Rizzo brothers at Sanrizz are the best.

FaceBook: Sidsel Cook

## **DECEIVED BY A FALSE ANGEL** **by Louise Marianne Johansdotter**

### **My thoughts on why this happened to me and a word about my background**



Why me? I keep asking myself that question ... Was it just bad luck? Was I *chosen* for some particular reason? Was it because I lived alone and no one else really knew what I was doing? When and how did it start? I am sorry to say I don't have any answers right now, but I hope to find them one day.

I was born in the mid-1950s in the small rural village where I grew up. It was a safe and down-to-earth life, and religion was a private matter seldom mentioned. I started going to Sunday School when I was five, simply because it's what children my age did. I remember whispering "Now I Lay Me Down to Sleep" when I went to bed, and I believed in God because our Sunday School teacher said He existed and surely she must know!

I would like to think I am perfectly capable of critical thinking; I am actually a bit of a sceptic who's quite resistant to trends and fads. By the mid-1970s, I had decided I was an atheist and officially left the Lutheran State Church of Sweden. This wasn't just about atheism for me – I felt that whether I believed in God or not was none of the State's business.

The first time I used a pendulum for dowsing was at my friend Birgitta's house when I was in my late teens. We used our gold necklaces to dowse over photos. Imagine my astonishment when the pendulum swung in circles where there was water, and swung backwards and forwards where there was metal – over the church tower, for instance. I swear these movements weren't caused by anything I was doing. Is it any surprise I was deeply fascinated?

Dowsing is going to play a key part in my story – I practised almost every day for about six months. At first, it was just a thrilling and fun way of passing the time, and this feeling only intensified over time until finally it got completely out of hand and stopped being any fun at all... Nonetheless,

I couldn't stop because by that point it had become a compulsion and I had lost all ability to control my own actions.

A few years ago, I started watching a Danish TV series about hauntings and then the Swedish version they made as well. I admit to feeling intrigued, but I had my doubts about the shows' veracity – everything might easily be faked, after all!

Sheer curiosity once drove my neighbour Dorte and me to attend a large seance with the medium Terry Evans, along with an audience of 200 others. I was quite shaken by this experience and fairly convinced that there was nothing fake about that particular event.

It opened my eyes to the possibility that another world and reality might exist beyond the one we see. But my interest was still only tepid – after all, I was a down-to-earth person who preferred to live in the here and now.

Now let me tell you how I discovered the existence of this other world in the most brutal way possible: I've witnessed things beyond my wildest fantasies, and something I first believed to be shining and good gradually revealed itself to be dark and menacing.

In other words, the evil side of darkness showed itself to me beyond all shadow of doubt. They say the light side is much more subtle and elusive. Or, as my therapist Karin put it:

“How could you hear the light side's piccolos when the others were banging on drums?” But these good spirits must exist and must have been with me even in my darkest moments, because otherwise chances are I wouldn't be alive today.

Mail: [johansdotter55@gmail.com](mailto:johansdotter55@gmail.com)

# THE ART OF THAWING A FROZEN SOUL

## by Lillemor Groth

### Chapter 9 – To the top of the mountain

The sun filter hotly through the tree tops, as I start my long walk up the stone steps. I can feel how my legs grow heavier and heavier. The rucksack seems to be full of lead and I'm getting really dizzy. Halfway up the stairs I'm finished, and by that I mean absolutely finito. I am so tired that tears are streaming down my cheeks, I sob and sniffle, weep and bawl. Karma relieves me of my rucksack and my system camera. Ingela rests her left hand against my heart and her right hand on my lower back.

We remain standing like that on the stone steps, right in the middle of the Nepalese jungle, till I get my breath back and stop sobbing. Several times I impatiently want to set off walking again, but Ingela doesn't let go, until I am back to effortlessly taking calm, regular breaths.

Karma takes my hand and leads me tenderly up the slope, he's got enough energy to fill me up too. I resolutely, yet wobbly, work my way up the hill, while I over and over again mumble the rhyme Ingela's taught me:

"I'm grateful that my legs carry me. I'm grateful that my legs carry me."

It feels a bit strange holding Karma's hand, but it helps me along and I'm ready to accept his support. The mantra helps my breathing to become more rhythmical and after a while, roughly at the spot where Ciro fell over the edge that morning, I can manage by myself.

When I reach the front yard of the guest house, it's full of Tibetan market stalls and souvenirs. I end up standing in the middle of the yard, without being able to focus on shopping.

My heart is filled with true relief and gratitude. At a crucial moment on the stairs, I had doubted my ability of ever climbing upwards again, only to then realise that my inner driving force to get myself through the ordeal and out of the situation had been stronger.

Håkan gives me some fluid replacement, which I pour into my water bottle. I take big gulps and can feel my strength returning slowly.

"Can you see what happened there?" Ingela wonders.

"I lost it completely, a total breakdown both physically and mentally", I answer hesitantly.

"But you managed it. You try to be so strong all the time just to be enough for everything and everyone, that you think you have to be responsible for. You have been dreading the moment where you won't have the strength any more, haven't you?"

"Yes, I've probably never allowed myself to fall through completely and utterly. You mean that it works a bit like when the downhill skiers must know what it's like to fall once and for all, to then dare to go all in?"

"Yes, exactly. You have to know what it's like to fail, to then dare to succeed. You need to have allowed yourself to crumble properly, to then have the guts to give it your all without holding your energy back."

"I feel like the mythical phoenix", I laugh contentedly. "Or almost like a down and out boxer, who gets up on wobbly legs as number eight is called out and then goes on to win the match. I'm victorious."

"Yes, you most certainly are", Ingela laughs and gives me a warm hug.

*You are welcome to read more about me and the book at:  
[www.growwiser.se](http://www.growwiser.se) (here you can also order the book)  
[www.facebook.com](http://www.facebook.com); *Konsten att tina en frusen själ*; Lillemor Groth  
[www.linkedin.se](http://www.linkedin.se)*

# **AN UNLIKELY REBELLION**

## **by Franciska von Koch**

### **I was 17 years old and married to a Pashtun man in Pakistan**

This is a story about my experiences in the 70's, an era of free love, a wild renaissance that defined the decade. My true account, as I hitch-hiked to find God. Trekking, from Sweden, through all of Europe, to Pakistan, on a spiritual quest, for meaning to my life.

Growing up, my parents were living a promiscuous life, they gave me no rules, or structure to follow. Inasmuch as this was my reality, I was easily influenced and fell in love and when I did my life changed forever. The search for God was put on hold or so it seemed.

Experiencing the lifestyle of a conservative village life in Northern Pakistan, I had to cook on an open fire, eat with my hands and live by the rules women did. Covering my head was the least of it as I had no freedom as a wife.

My husband was engaged before we met, which put our life in jeopardy. His culture demanded revenge when someone was disgraced therefor, marrying me, was a crime in their eyes. When the demands of the culture, and there were many, we decided to move to my homeland of Sweden. Here, the cultural problems, we had to live by, became impossible. We became isolated.

Excerpts from the book:

It was less than five months since we left Pakistan and fall was turning into winter. Maybe it was because I did not want to have sex, or because he couldn't adapt to the lifestyle, or perhaps my growing sense of independence made him feel less than he thought he was. I only know that I had to rebel. A deep sense of survival started to wake up coming from a place

deep inside me, after a long winter's sleep. Out from the cave came the female bear in spring, hungry, easily angered and dangerous.

It had definitely been true love, when I as a seventeen-year-old, met a traditional Muslim man, in northern Pakistan. We fell instantly in love and instantly ... the entire world was against us.

"It won't work, in the long run," said my family. "Its dangerous," his father warned. "You are crazy," came from my sister. "You can get murdered," from his brothers. I still just could not understand why anyone would want to murder us.

I was raised freely with no one insisting on anything and everybody adapting themselves to most any situation. I know now, that no one today could hitchhike to Pakistan, get together with a man of the Pashtun people without being stoned to death by Taliban's.

We did live under a certain threat, but it was far from the world we live in today. The letters I wrote home from 1972-74 were saved by my mother.

Deeply influenced by Bible texts, yet at the same time, I believed in other faiths as well like Christianity, Hinduism and Buddhism.

Authentic photographs and letters are seen in the book.

FaceBook: Franciska von Koch

## DAWN ERA WITH WORDS OF WISDOM

Written by Gabrielle Laurèntzen

With Dawn Era you can re-establish contact with the higher loving power that we all have within us, whether we call it Goddess, God, Buddha, the divine or anything else.

This inner contact gives an opportunity to transform our existence in ways we can not even dream of.

### *From within Dawn Era*

What I will tell you now, you already know within you. You have heard it before, but maybe you have not always listened because the whispers of your soul have drowned in the noise from the superficial world. Behind the surface are your true essence, the true You. A part that many have forgotten.

Maybe, deep inside, there is a longing for something more. Your original essence. Everything starts with longing. Longing home to yourself. The higher awareness and presence where everything is possible.

The messages in this book is for you who yearn to reach higher consciousness. For those who yearn to find and live out the higher truth, soul wisdom. When the contact is established, you are also at home in the spirit in which the higher opportunities are.

When we live the life we are meant for, we feel satisfied and harmonious. It's like a river flowing within us, a river of clean energy. A

river that sings a low-key, powerful vocals – flowing with joy. It is in this mysterious realm you are.

My wish is that this book should be in the background on your journey where you respond to your soul's longing for union with everything that you are. It is an exciting journey of discovery that guides you to search and find the unused resources lying hidden beneath the surface. Every treasure you find helps to reclaim yourself and get access to the wisdom, awareness and personal power.

Dawn Era want to inspire with channelings, inspirations, and stories from my life. Strengthen and guide you for union with the soul and the spirit. The spirit who interacts with everything and is eternal. When the spiritual connection is done, miracles happens and we walk gently on the earth in beauty and humility.

It is about coming home, home to who you are.

[www.gabriellenamaste.se/Gabriellelaurentzen](http://www.gabriellenamaste.se/Gabriellelaurentzen)

## **I WILL NEVER BE SILENT**

**by Yvonne Kullenstjärna**

I was five years old when I first became sexually abused. I now take the initiative to tell my story to break the silence and taboos surrounding sexual crimes. Silence is the perpetrator's best protection, but I decide as from now on never to be silent again because the blame was never mine. This was difficult for me as a child to understand because it was me and my step dad's little secret. It became my guilt and shame that I carried with me for years until I realized that it was strength I carried on and I finally stopped seeing myself as the victim. The first step I took was when I dared to open myself up and tell someone what happened. My step dad took the purest I had and it was my right to say no, my self respect. He thought he earned the right to explore my own body. Unfortunately, the fear is one of our strongest defenses. If I do not see, if I do nothing, if I don't say anything, it has not been done. If it happens in the family or in one's vicinity, it is terribly hard to take a stand and to discuss the situation. There are many people who never dare to tell anyone because the shame and guilt are so incredibly heavy and it's too much for us to bare. The perpetrator has power as long as we allow it, and because we allow it, unfortunately the perpetrator also continues. How did I survive? I've tried several different ways to heal myself and it has made me what I am today, the one I was intended to be from the beginning, without incest, without mental and physical abuse that I suffered during my upbringing. The body and the soul belongs together, I'm quite sure that conversations, hypnotism and other similar things is just as important as the massage and therapy and more. When your memory has repressed, your body remembers. Our traumatic memories of abuse and sexual assault are inside our cells. For me it took 22 years to make amends, for others it may only take two years. There are no rules for how long a healing process should take. Based on my experience, I believe that the support you have from home and around you is playing a very big part. Who supports and believes in you and how you talk about it in your surroundings. You'll also need to choose the way you want to heal yourself. The more we are the easier it will get to talk about it. Dare to break the silence and to see what happens to the children in your surroundings, so that the pedophiles cannot continue. We can together erase the shame we are forced on.

Out of my "Toolbox" Photo album-I visualized my new photo album one day when I was sitting with my therapist and we talked about positive thoughts, positive environments, simply the positives in life when I was a

!23 child. She said: - Tell me about some positive situations from your childhood. Just right then, it was empty. I couldn't see anything that was positive from my childhood, nothing. The shame of all experiences were larger. Then my therapist told me that sometimes when life was really tough we could try to be glad for the small things and start from there. I replied: -The small things, what does that mean? My therapist said: - The small things means you maybe got good food, you might got candy, you maybe played with your friends during the days and you had fun, and so on. We simply create a new photo album with our childhood, new loving pictures that give, faith, hope and love. To get hold of the essence I meditated, the frequencies of positive situations from my childhood started to appear. I started to create a new photo album, and I took pictures of what was good, visually. This was a tough exercise because there were not so many positive images to see. The shame and the guilt as I said was bigger. But then came the pictures of the stay with my aunt and uncle who I stayed with as a four year old. They lived far on the countryside, I stayed with them during the time when my mom and dad divorced. I also got some pictures from when we lived in Öxabeck, as well as pictures with my sister and the beautiful time we had together as children. There were also pictures from the days when I was spending a lot of time with my grandmother, I was in my teens. We had many lovely weekends together, being with her was like a rest place for me where I could just be without having to be on my guard. Grandma was special but always nice to me, I felt safe there. There were some moments that I thought I'd tell Grandma everything but I never dared. However, then I started to make a new photo album, visually in my head. My therapist then told me: - Now take that photo album and fill it with all of your new "photos" that have come to you and soon you will have a full album with beautiful memories from your childhood, and memories from your life. And you know what? Today my photo album is full with beautiful and warm memories. I can recommend to visualize a new photo album. That I today am who I am has only to do with exercise and my will to live. All of my gears out of my "Toolbox" is my lifestyle, which has also been important to pass on in this book. It's something I do and use more or less every day, every week, every year. If I had not done it I wouldn't be the person I am today, the person I was meant to be when I was born into this life. A whole new world has opened up to me when I learned to love myself. For me, it has also been important to write a book that gives strength, hope, and faith and that tells everything about how I became "whole" again. I'm a survivor who survived my childhood, I would like to convey, that it is possible to survive.

FaceBook: Yvonne Kullenstjärna

**THE FALL AND RISE OF SZIGGIES, SUNS AND STARDUST**  
**A Journey of Soul and Dreamstate**  
**Birgit N D Edwall**



*(8/8, 2014. Akashic Reading): You were given symbols of your Soul's endeavours, her completeness, when made whole. The division made is for more learnings about humanity, when separated in consciousness from their innate natural knowing of their true Source. Your work is to re-search the understandings necessary – to make Soul more complete – once more.*

**The Great Mother, Alchemy and David Jones**  
***The Small Folk's Tale of Earth Medicine***

*What she did say was: "A real stew! We may also consider a cornerstone, triangular in shape, or oval in shape and black in colour. The stone can also be green, mossy green. On the other hand we may consider an egg, a luminous and golden egg."*

*I was lying on the bottom of a lake and as far as understanding anything, I understood nothing! I was holding a shell to my ear and leaning my head against a pillar made of sunlight. The pillar was draped with red lilies and for ornament at the top, the lilies were holding up the bottom of the lake with flowery petals. "The elixir of love," she said. It all depends on which way you choose to investigate. Or per chance, if you wish to know everything, as I do, you must melt together the two and go for an alliance."*

A young Swedish girl moves to London and works her way through a labyrinth of multiculturalism, intuitions, visions and dreams. With the

Akashic Records, she studies World Mythology and the ancestral blueprints that just may describe some long forgotten events happening on Earth. On the most northern runestone found on Earth (*Frösö runestone on the Island of Freyr*), a carving of a Dragon-like beast is seen.

Travelling from 'Station to Station' in the London Underground, the girl had to unravel one more Mystery: why there was a Bowie look-alike figure appearing in her dreamstate. This started in the 1970's. With Sziggy we are reminded of Ziggy Stardust, alias the artist David Bowie. Then there is Sigg, or Sigurd Fafnesbane, a figure in the hero sagas of the Norse. Sigurd is a Dragon hunter, a descendant of the shaman warrior and magician, Odin.

Shamans and shamankas, in the World Tree, journey the Other-worldly dimensions between the 'Heavens' and the 'Earths', exploring at least 8 or 9 alternative states of consciousness! Like most Sun- and soular heroes (and heroines) in ancient folklore, the stories in the books describe a multi-dimensional journey of soul and spiritual Self, restoring wholeness, affecting transformation. In ancient mythology, gilded apples or gilded treasures are given to the Soul who dares to venture into these *Otherworlds*.

In the book: *The Fall and Rise of Sziggies, Suns and Stardust*, ([www.amazon.com](http://www.amazon.com)) Birgit integrates the writings of *The Great Mother Alchemy and David Jones* ([www.amazon.com](http://www.amazon.com)) and the Swedish translation: *Kvinnans Upprättelse* ([www.siljansmasar.com](http://www.siljansmasar.com)). The three books are interconnected.

An invitation to the *Kingdom of the Faeries* took place that would inspire these books to be written. A transmission had been made from the domains of the *Great Mother* about the dimensions of Soul. Have we laid aside *the Soul template of divine intelligence*, our bridge to the higher self and to the inner senses?

**[www.gaiagalactic.net](http://www.gaiagalactic.net)**

**FÖR DIG - FOR YOU**  
**by Ulla-May Nevsten**

*You are welcome to share my homage to our beautiful earth and its nature. You can experience the magic of the nature and feel how it whispers, caresses you, subtly touches every cell of your body and it opens your heart. Its atmosphere embraces you and you can breathe in its energy in every breath. With 82 pictures of the beauty and harmony in the nature, together with the text, can help you remember and get in touch with your own inner beauty. That gives you strength to cope with the challenges of life. Let it all touch your heart. Listen and remind yourself that you are affectionate and loved. Be still, enjoy and feel what is happening in your body, your mind and your heart. Stay present in the moment.*

*Build bridges over obstacles  
Nothing can stop Your journey  
ahead  
Keep straight on  
Meet everyone with love  
Do everything with love  
To Your earth and  
to Your body*

*In the shape of perfect drop  
Your perfect creation can be  
reflected  
The drop expresses its individuality  
It will be dissolved in the Ocean  
Like our individuality united  
with the universe*

*Inside You there are crystals  
sparkling like diamonds  
Whose facets are cut to reflect  
the multiple colours of the light  
After Your setbacks which have  
all improved your knowledge  
You are sparkling even more  
brilliantly*

*Every setback is a blessing like  
the nicest present  
Wrapped up in less beautiful  
wrapping paper  
Thank You for all the presents*



*In Your light  
we can see the light  
Your heart knows every cell is  
vibrating with knowing  
You are a hologram  
Our earth is a hologram*

*I am You are we are  
The One  
We are all one family  
We are not separated  
Take care of Your family*

*Send me a mail:  
[u-m.nevsten@swipnet.se](mailto:u-m.nevsten@swipnet.se)  
and I can send you some pictures.*

*Homage to You*



**HEALING WORDS**  
**Between doubt and faith**  
**Lena Svensson in dialogue with the stars**



Questions and answers. It was happening then. I had rediscovered it now. Dialogue with the stars I think it was. Such a long time had passed and it had barely begun. Or had it? Mother Earth. Great Spirit. The Creator of everything. Give me answers.

*The way is life. Your way is to face the words as they come and give them to all who hear them. Your way is not possible without your own development and growth. When you are ready, you know. The words are your major gift. In the beginning was the word, too. It is a communication of God's wisdom and a richness to pour from. It never runs dry. Just open up your senses and make you ready to receive. When you are ready, you know.*

What is my current obstacle?

*There are no barriers. It's your choice when it happens.*

Help me to get ready. Show me how I could get ready so I can feel it and not waste the gift. Make me using it to help others see.

For once it felt really exciting, to see what came out of the words then, and meet the words that came now. There was a power in them that I probably had not fully seen before. The words sang their songs and the power in them was not how loud they sounded, but was in the feeling that was communicated, which shone with all its force. So I continued to ask.

My friends. Give me the words I need today.

*Soon you will hear it in the distance. It is a singing chorus spreading their tones and brings out all the romantic feelings that exist. Meet your guide in these tones. Do not be alarmed. Look him straight in the face and accept his knowledge. The meeting between the two of you it shall turn sparks.*

How should I prepare for the meeting?

*Sit down in peace and quiet, take a few deep breaths. Silence the thoughts and let the light of God shine through your mind so that you will be pure enough to receive him. In the meeting, you will be aware of what he wants to say. There are no barriers. He will show you the rest, what to do then.*

But can I handle it on my own? Are you saying that I'm ready?

*You know when you are ready. Open up and receive.*

Who is he?

*The Great Spirit has many names. You can select the language you want. The best is your own language. From the depths of your inner certainty, you get the answers you seek.*

Do you support me to be ready?

*As always, my friend. Never doubt our support.*

*Mail: [lena@helandeord.se](mailto:lena@helandeord.se)*

**DISCIPLE OF THE SUN**  
**by Madeleine Fjärilsdotter**

My journey as an artist, poet and weaver started with an evening class in handweaving in Borås, in the fall of 1977, when I sat at a loom for the first time ... spinning a silhouette in the dark of the night.

And like the rainbow quenches its thirst in the ocean, I quenched my thirst at the loom, with threads and yarn.

- Mother-of-pearl tango -  
flight of the rainbow  
dressed in transparent fairy-attire

When the first ice burst on spring's edge the same year, an intense and emotional loveaffair fell apart, which turned my whole life upside down and exposed a vulnerability which was hard to bear ... one door was closed ... a new one opened. While I stepped over the threshold to creativity I entered a new dimension of life, then it felt as if a heavy, black coat was lifted from my shoulders.

The sun lingers  
like ruptured hearts  
on silverplatters

A whole new world revealed itself to me ... both within and around me. Reality affirmed my dream ... and I started laying golden eggs.

- Cosmic egg-hatching magic -  
a pregnant thought  
in motion

A few years later I started at the Institute of Textile in Borås, at the handweaving program, where I came in contact with Chinese and Japanese calligraphy, which came to show completely new sides within me ... or was this beautiful writing inherent in my inner being since previous lives? I already drew similar signs when I was at KV Art School.

With *Christina Rinaldo*, today a well known person for amongst other things her Tutankhamun project, as my main teacher in weaving, nothing was impossible. She was wonderful at affirming new exciting projects, and this was contagious, so suddenly I was painting big Japanese signs on my first single-handedly composed ribbed tapestry.

- Suddenly -  
it is as if I have wings  
wings that weave flying carpets  
and I feel like a budding sunbeam

This internal creative process elevated a kind of deliverance. As if I, through weaving, gave birth to new sides within myself where I became more sensitive to the voice of my heart ...

The soul and the divine femininity in me took over, I felt like an open fountain when the artistic side within me started to take shape ...

- The inside art of me -  
butterfly gauze of the dance  
a laughing serpentin heart

Mail: [fjarilsdotter@gmail.com](mailto:fjarilsdotter@gmail.com)

# **IF I HAD ONLY KNOWN**

## **by Ingegerd Bergström**

### **Preface**

It would take a serious illness for me to begin to understand that I had been abusing my soul for all too long, and that this is not something you can do for very long without suffering the consequences.

For many years, I endured a marriage to a man in need of power and control because of his terrible childhood, resulting in him needing to find an outlet for his rage and desire for revenge. These needs first expressed themselves as psychological abuse and then physical abuse. I suffered living in a protracted and stressful state which over time led to physical illness. In my case, a brain tumor. These types of brain tumors (meningioma) primarily affect women but also to a lesser extent men.

I would like to share my experience of how, in my ignorance and innocence, for an all-too-long twenty-five years - remained in a destructive marriage that I finally paid the price for with a brain tumor.

We have to provide ourselves with a healthy inner sphere in which to exist before it is too late. You are the owner of your soul, and no one else shall do it harm. I betrayed myself by trying to please and endure. Allowing deeply hidden psychological injuries to remain locked inside cannot continue forever. One day, the wall crumbles and you end up paying for all of your efforts with either a psychological or physical illness.

I would be very pleased if in writing this book that I could provide a stimulus for others who are living with stress resulting from either living in a destructive relationship or having to cope with an overly stressful work environment.

It is my hope that even those who have fallen ill can also find strength in learning about themselves, dare to be open enough to tell those around them what they have experienced and not turn a blind eye to the problems that they had before falling ill.

Dealing with these issues should be a part of every visit to a physician. This of course presupposes that there are physicians who understand the connection between body and soul. It is time that the many thousand year old saying "A healthy soul in a healthy body" be a part of medical education so that doctors can learn how to interact with their patients in the best possible manner.

Since both the priest and ophthalmologist, who both learned about the abuse I was suffering chose to remain silent and not address my life-crisis, I instead turned to my family and friends who had "passed on" to find out how I could change my life and regain my health. How many have access to this resource? Does it need to be this way?

In conclusion, I would be very happy if my openness can contribute to brain tumor research. Not just that meningioma primarily affects women and to a lesser extent men - but also why this is so. It is important to know the answers to these questions in regard to all illnesses. If we don't pay attention to our souls, the body begins to talk.

Hällby, Sweden July 2011

*Ingegerd*

Mail: [ingegerd.bergstrom@outlook.com](mailto:ingegerd.bergstrom@outlook.com)

## **CROSSING LINE**

**by Janine Söhr**

Jasper turns around to the stairs and replies:

- This soon? I have time to shower before the dinner, right? He doesn't wait for an answer and rushes up the stairs to sound of Eve humming "O Holy Night".

Concentrated and quick they both finish dinner. Jasper compliments Eve on the food. He notices that she looks pleased. She is always in a good mood when she is off to choir practise. He is with bad conscience about this afternoon's doings, but represses it right away.

He feels that his lust for life is coming back and decides to phone Leo and see if he is interested in getting together for a beer. He informs Eve, who looks happy.

- How fun that you want to go out. You have seemed rather low for a while now.

Jasper stares down at his plate and chews up before he answer:

- Yes well, it has been too much work and too little fun.

Eve stands up and starts to clear her side of the table. Jasper approaches her.

- Leave it be, I will take care of the dishes. I will see you later. Dont get late. Both me and Leo are working tomorrow.

- That's nice. I have to start getting ready. I dont want to be late.

Jasper clears the rest of the table and carries the dishes to the washer machine. He looks at the stained induction hob and reaches for the cleaning agent. The smell is strong and chemical. Such a contrast to the fresh and chilly autumn air, he thinks.

While rubbing the last stains off the hob he finds himself whistling on the signature tune from Paris, Texas.

The bad conscience from earlier strucks him again. Eve comes down the stairs, looks at him and comment jokefully; "Your cheeks are all red. What are you thinking about that makes you blush like this?"

- Nonsense, Jasper replies. I became hot after cleaning all the mess.

Eve walks up to him and gives him a quick kiss on the cheek and says:

- I think you look cute when you blush. Have fun tonight and send my regards to Leo!

Facebook:

[janine.sohr@gmail.com](mailto:janine.sohr@gmail.com)

**A FLOW OF LIGHT FILLS THE EARTH**  
**by Birgitta Sjöqvist**

LOOK TO THE DAY WITH JOY

These beautiful words and formulations came to me, as a gift, during a time when I had lost the ability to speak.

Words which inspired me to reflect upon my life.

When I happened to meet Inga, 85 years old, I was surprised and delighted to find out that these words had become a gift for her as well.

We were sitting together when she all of a sudden said to me:

"I have your book."

She opened her bag and took out the book that was inside a plastic envelope which she carefully removed. She gently ran her hand over the cover of the book and opened it reverently to a page where she had placed a beautiful bookmark.

"This text here is the one I love the most. I re-read it so often."

It filled me with joy to know that this gift that I had received had also become a gift for another!

LOOK TO THE DAY WITH JOY

There is always a meaning in that which occurs.

Do not fear what is difficult.

Heavy gates are difficult to open, but they hide something important which must be illuminated in order to be understood.

To see each other through the eyes of love entails that we see each person's strength and inner beauty.

To exist in this world of hardships requires courage and a lot of love.

The courage to stand against the evil forces which strike from all directions.

The love to acknowledge people, creatures and nature.

Do not be frightened of the falling darkness.

Once again a new day will dawn, filled with dew and glittering sunshine which will sweep in the fresh greenery in its misty sphere of a million light beams.

When Your thoughts and Your soul reach a peaceful alliance the answers will be given to You.

*Listen to the sigh of the wind,  
the rhythmic pounding of the waves against the rocky cliffs.  
The sun which reflects the water's rippling path in its eternal cycle.  
Feel the smell of the ocean, sense the  
wind's eager caress on Your cheek.  
Capture the day in its rich flow of wonderful experiences.*

FaceBook: Birgitta Sjöqvist

## LET THE LIGHT BE YOUR GUIDE

by Birgitta Sjöqvist



It was as if nature had created a beautiful painting when I walked down to the sea on a foggy grey morning. The beach was framed with large blocks of ice in various shapes and sizes. Beyond was the sea, still and dark.

The silence was complete.

All of a sudden a magical feeling came over me and I was filled with a powerful energy, urging me to write. That was how this journey began, a journey filled with wonder over the words which were created.

I welcome you to join me and have your own experience of this journey.

There is a grand movement underway to join together and strengthen the connections between human beings. The grand upheavals taking place on earth are there to open the eyes of people, in order that they may discover the role of the forces of goodness in the great changes which will come to pass.

Wise men have, throughout the ages, been able to create writings declaring that life is eternal. There will bloom a spring followed by a playful summer and a contemplative autumn. No voice is needed for this phenomenon. The feeling created in a person when the power of love takes over is indescribable. An ease like the wind travelling over fields and meadows, love's exquisitely beautiful sound in the melody of lapping waves.

The heavy clouds disperse and a symphony of glorious tones arise in the heart which is flowing with gratitude in the face of this experience.

The soul influences the human psyche to choose those paths which lead to peace of mind and presence within the moment that is. These moments of stillness and spirituality will help the person to create a life as it was once intended and conceived.

The body which bears a person forth through life is meant to be the structure in which the soul has chosen to live during its life on earth!

As you in serenity regard nature's beauty and the great changes occurring, so can also the soul undergo a complete transformation.

The great possibilities for advancement lie in the positive power of love which influences all that occurs.

Feel a warm wind which will flow over the world and open the bodies of humans to the abounding and life-giving love. It is in moments of stillness in which the winds of enlightenment will blow cleanly in human hearts and there reveal the shimmering light which lies hidden within. It struggles to shine forth and be noticed by its bearer.

The discovery of this light will assist in finding love towards oneself.



FaceBook: Birgitta Sjöqvist

## **REALMS ON EARTH**

**by Agneta Bjelkстам**

Story telling is more important than we think it is, for all children as well as adults. And not just any story, we're talking about real fairy-tale's, just like back in the days. Allowing wisdom, knowledge, and erudition to intermingle with beautiful language to create the most extraordinary imagination. It is a place where beautiful thoughts and phrases meet brightness, love and positive energy, in order to tell a story and excel our curiosity. By giving our children these ingredients, we allow them to build up unbreakable core strength from within.

Instead, we curse and share our harsh words with weak arguments, and let them fill their fantasies with witches, monsters and unnecessary darkness. Today's stories are often filled with simple drawings and forgettable cartoons that no one will look back to remember.

If we, on the other hand, let beautiful, detailed images follow through the story, we will forever remember. Even as an adult, we sometimes need to escape the reality and enter into the world of fantasy and imagination.

The fairytale Collection "Realms on Earth" containing nine stories from all around the world has just been released and a second collection with an additional nine fairy tales are in the works.

Excerpt from THE WINDMAKER'S HOUSE

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A bit tucked away, just behind the white fleecy clouds, bordering on the heavy gray bank of clouds, there it stands.

## THE WINDMAKER'S HOUSE

Almost like a fairytale castle, although built and joined together by winds, fog, mist, rainbows and billows of clouds. A wondrous weathervane crowns the very top near the celestial arc, put together by tiny twinkling stars.

The great gate stands open most of the time so that all the windchildren can go in and out without difficulty. Outside the gate a gigantic drawbridge stands tall, and even it stays mostly down and open. It is made in patterns of snow stars and always sparkles with a welcoming greeting.

The Windmaker reigns and every day he retrieves the leftover stardust from the Milky Way. Back in his house, he puts the shimmering powder into his great wind machine that sits in the middle of the so-called Silver Hall. Along the walls in neat rows bags of different sizes wait to be filled with the magical, swirling wind seeds that whirl out of the machine. Each bag has a clear label on it, which makes it easier for the windchildren when they fill their pockets later on.

All the wind children wear their sheer shimmery wind jackets, as wispy thin as the bee's wings and sewn with pockets on the inside and out.

THE SMALLEST CHILDREN get their portions from the small bags with the smallest labels and mischievously fill their pockets with gusts of wind ... tree breezes ... summer zephyrs ... or butterfly breaths.

*The rascal of the week of course gets the unruly whirlwind.*

The middle children get their portions from slightly larger bags with slightly bigger labels and scuffle over the sea breezes ... evening gusts ... sailing winds ... or updrafts under birds.

Finally, the big children get their doses out of the large bags with the big labels. Storm ... hurricane ... gale ... blizzard ... or rainstorm.

**WORDS FROM THE ELVES**  
**by Barbro Löwenberg**

**Don't forget your loved ones**

Keep your loved ones at the core  
They sustain you as you soar

FaceBook: Tomten har Ordet

## WHO AM I WITHIN ME? by Jade Gerd Ekström

### 2. Our Origin, our common Almighty Creative I

I had invited my son Frankie to Bella Brisa in Acapulco where I lived. He had just stated his vacation. Now he sat behind the steering wheel reflecting on our Creator and what our Creator might look like. No matter how much he tried, he could not in his wildest fantasy imagine which form or beauty this Almighty Intelligence could have. He made up his mind to ask me when he arrives to Acapulco.

He rang my doorbell. I opened the door and he could see that I was happy to see him. He received a big hug and a kiss on his cheek, accompanied with the words: "Come in, my darling, put your suitcase in the bedroom and let us sit down in the living room and have a chat."

We sat comfortably on the sofa in my living room with the marvelous view over the bay of Acapulco, the islands and the Pacific Ocean. Frankie asked: "Mother, what do you think our Creator looks like, because I want to know if He looks like us?"

I smiled and answered: "First of all you shall never call our Source of Creation Him. Scientifically we know that nothing can be created without both the Feminine and Masculine Qualities of the Creatress/Creator in *ONE* Unity and in perfect *BALANCE*. *This Unity of Creativity* we may simply call the Creation as Jesus did or the Most High as many in the Higher Worlds do.

“The Swedish American physicist Gustaf Strömberg called our Source of Creation the Almighty Cosmic Mind of Creative Wisdom, but that is not enough. Because Creative Love, Creative Power and Creative Purity and other Creative Attributes were not included.

“The Radiance of the Creation is extending out in all directions without beginning or end and consists of Worlds of Creative Light, Unlimited Light, Endless Light, Blinding Light and Supreme Light of all Creative Colours of Light. Close your eyes and press slightly on your eye lids and try to see the Light, because you have the same Creative Light within you.”

Frankie did as I told him and said: “I could see the Creative Light in a flicker.”

“Fine Darling, now you have seen the Presence of the Creation within you. Now press on the opening of your ears with your forefingers, stop breathing and listen to the Creation within you.”

“Mother, it sounds so unbelievable close.”

“Now you understand you are the Creation in action on Earth. The Creation is like a Cosmic Ocean without beginning or end of *Creative* and *Shaping Light-Colours* we may call *I-Energy*. The Light-Colours are Gold, Blue, Rose and Violet as bright as in a rainbow and White as clear as in perfect alabaster. In the beginning only the Almighty All-Creating I existed. The Creation gave this Almightyness the Name I with *two attributes*:

1. The All-Shaping quality shaping everything in *non-physical* form.
2. The All-Creating quality creating everything in *physical* structure.

“Every one of us has a tiny part of the All-creating I in our own Mighty I, the Creation’s Presence within our hearts. When we say I, we always speak in the Name of the Creation’s I as well as of our own Mighty I. Never identify you Mighty I with your body. The Almighty All-Creating I is immaterial and your body is physical.”

“Imagine, I carry a part of our All-Creating I of the Creation with all the knowledge to create, in my heart. It is fantastic, wonderful, incredible, unbelievable SUPER that I have my own Mighty I.”

“Yes Frankie, it is the truth. If you stop being selfish and live the Truth, you will be able to *create*, instead of struggling for your existence.”

“I will do my best. Mother, I understand that the Creation’s Presence in my Mighty I can never be my body. When I say I, I am binding the All-Creating I together with my Mighty I.”

“Yes, Frankie, it is correct. You are a human being who is not immortal, but your tiny part of the All-Creating I in your Mighty I is eternal. Many philosophers believe that the Creation only has a big *immaterial Head* of Light Substance.”

“In which part of the immaterial Head is the immaterial Heart placed, Mother?”

“The immaterial Heart is the same thing as Love. Love is placed on the left side of the Mind in the immaterial Head. The All-Creating I does not need any center of learning as *we*, all individuals, *are the center of learning* of the Creation. You will understand it better as we go on with our daily conversations.

**MAIA AELA**  
**THE GIRL FROM PLANET AKLEJA**  
**by Jennyli Gustafsson**

As I am already aware of the second key, it doesn't surprise me that we find ourselves at this particular spot. We are about to step inside Sacre Coeur cathedral, the holy heart. Mother Earth has given us the first key that opens the gateway of timelessness to her kingdom. And here we are, facing the second key.

- Gosh, you know so much, Ernesto! Do you mean that the door of that cathedral up there is the second key? I have felt all along that there is something special about this temple. What is it symbolising?

- Sacre Coeur symbolises the temple that the body of man actually is. There are rooms within the temple that are the actual kingdom of heaven. I will now enter this room together with you. Maia, man and woman enter the holy temple together. Mother Earth is always with us and once the first door is open, then the second door can be opened too. So you can't walk through this door if you haven't already opened the first door. We can only meet the Holy Father if we are accompanied by the Holy Mother. Do you understand what I'm getting at?

We don't receive the key for this door until our faith in the holy mother is really manifested within us. Many walk into this cathedral without having welcomed their Mother Earth into their lives and they therefore walk out again without having paid attention to the holy rooms of the soul. One looks at the beautifully gilded ornaments, the colourful windows and the icons and sculptures of holy saints. One can also see that the room is very big indeed and that the ceilings are very high. But that's where most people stop. Inside these walls we stretch our minds; if we have been blessed enough to first meet Mother Earth that is. How can I explain this to you, Maia?

- You are explaining it better than I have ever heard it explained before. No spiritual creature, Aklejan or deity has the ability to explain this better than you can. Thank you, darling Ernesto, for sharing your experiences and wisdom with me. This wisdom is so valuable and it gives me hope. Without the weight and confirmation from your culture and your ancestors, maybe I wouldn't be able to carry out the task that Enne has assigned to me. Maybe that's why we have met and maybe that's why Tunya had a particular wish to reveal herself during this trip, when

you were by my side. This is a task we have to take on together, Ernesto. I don't yet know how, but time will tell.

- Dearest Maia, you are absolutely right. You remember my grandma in Peru, don't you? She doesn't just relate the history of the Incas to me, she can see into the future too. When she got to meet you, she knew exactly who you were. It's time for you to know that. She told me that you and I will eventually make a whole new view of the world known. The Maya Indians, the Inca Indians and as a matter of fact all the Indians in both North and South America were aware of the new view of the world a long time ago, but they also knew that mankind wasn't ready to accept the teachings nor create the right conditions for this new world to flourish.

She told me straight away when you flew back to Sweden that the two of us would work to make the human race see the truth about life in the eleventh hour and really understand what it's all about. My grandma, Doña Emanuela, trusts her ancestors and seeks them out regularly. But this time it was the ancestors that sought her out. Hundreds of years have passed since the ancestors left this Earth, without them even for a moment abandoning their eternal mission.

The purpose of the mission is to implement the new paradise world. The era of the fifth sun started at the winter solstice on the 21<sup>st</sup> December 2012. One could say that the sun was reborn, just like us humans are in our spiritual selves. According to bearers of traditions, like my grandma, there was a channel opened on this day, which connected to the heart of the galaxy, which lets cosmic energy flow through Earth and increases the vibrations of all living things. Maia, it's a great honour for me to teach you about my ancestors' deep wisdom. Hundreds of years have passed and the Incas are already gone, all but a few descendants called Qero Indians. The remaining Maya Indians are also brave and are happy to travel around and speak about their spiritual and cosmic knowledge. The new light, which is coming to Earth now, is man's opportunity to finally implement a paradise. My ancestors worshipped Inti the Sun God, the son of Wiracocha God of Creation and Mama Cocha. Do you see why it is so appropriate to speak about this in this particular location?

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## **THE BOOK OF ETERNITIES**

**by Jennyli Gustafsson**

Gratefully accept the lifeline and see the truth behind what you think is a dark conspiracy against you. The lifeline you are cursing will catch you like a snare, just simply because you are wriggling with pure fright trying to free yourself. The lifeline you gratefully accept will fulfill its true purpose, because you are calm and you can use it by grabbing it and climbing up. By this you have created contact with eternity and eternity has a possibility to share its calmness with you. Dear child, you are only offered setbacks from time to time and it is up to you challenge yourself in seeing these challenges for what they really are. You challenge your own fears and grab hold of the power within you, since this is what the lifeline is tied to. You only have a firm hold on the power within you in order to be lifted out of the pain. The dangers that are really threatening you are nothing but challenges which intend to free you. Dare to take on the challenge by latching on to the power within you and thereby also the power in eternity. Say thank you for the fact that you are presented with a possibility to do this. Say thank you for the fact that the power in eternity is speaking to you. Say thank you for the fact that the contact with eternity is made when you say thank you for the challenge. Say thank you for the challenge and the pain shall fade away. Say thank you for the pain and the challenge becomes the path to liberation.

Diligence is a feeling of running around inside the jar and always ending up on the same spot again. In the end it all feels completely pointless. When you discover this it makes you aware that the running only pushes you in to a circular pattern. This discovery makes the it'sy bitsy spider's web all the more alluring. Diligence is wondering what is the meaning of all this. Diligence struggles on and struggles on. Soon enough you realise that the diligence doesn't have any other purpose than to push you to one more lap inside the jar. So far so good. You do another lap inside the jar, because this is what you have to do in order to survive. But the fact is that the diligence has made you aware of the pointlessness in just doing circles. When the awakening takes place you are consciously communicating with the spider by the thread, because you want to learn how the spider climbs up the thread. Your awakening is all about the pain you are feeling because of the continuous walking in circular pattern and this makes you want to find new paths and ways.

When you start to look for other paths you have to turn your eyes in a different direction. Previously you have always looked forward, back and to the sides. Therefore, I know that there are now only two new paths you can look for. These are striving upwards and downwards. So when you are tired of seeing your existence from one single viewpoint and always wandering in circles then you start to seek a different route. You start to turn your eyes to the sky and you start to communicate with something or someone who might be out there. Your eyes will first have to get used to the bright light so to start with you don't believe in what you hear, because you simply cannot see it. At the beginning you can hear the knowledge about the end of diligence. Soon enough you will hear the knowledge about the characteristics of the communication and how this communication can help you take the first step up onto itsy bitsy spider's thread. You probably refer to God, but without really knowing who or what God is. You probably refer to the maker and speak to him or her as if the maker spoke to you from outside. Then you are probably wondering whether all you are hearing really is the truth or if you have just gone crazy. Would you tell someone that you are most likely hearing God speaking to you? Then people would wonder whether you have gone crazy. Thoughts like these are really common and because of this it is easier not to tell others about this.

In any case the pain has started to fade away and through your chat with the voice you take the first step up onto itsy bitsy spider's thread. How lovely is it not to, just for a little while, view the surroundings a little from above? The splashing sensation of small droplets falling on your feet where you are walking is simply lovely and the joy of life is starting to appear. The small droplets falling on your feet where you are walking are actually the understanding of itsy bitsy spider. Exactly the same as you read about in *God has a plan*. Now you are seriously starting to become aware of what the spider's melody wants to convey to you. When you communicate with itsy bitsy spider, she speaks to you with a welcoming, spiritual joy of life.

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## H<sub>2</sub>O - JUST ORDINARY WATER

by Ingrid Fredriksson

### The Water Wizard from Austria

A book that deals with water ought to include something about Viktor Schaubberger. Jens Tellefsen, professor emeritus of the Royal Institute of Technology in Stockholm, asked about this and I had to admit that I did not recognize the name in spite of Olof Alexandersson's having written a book about Schaubberger and 'living water' (*Living Water: Viktor Schaubberger and the Secrets of Natural Energy*). When I was studying environmental medicine, Schaubberger was not included in 'oceanography', 'water's path from rain to brook', or the section on limnology. Nevertheless, he is well worth taking note of.

For Schaubberger, it was obvious early on that water went with forest and shade, and he found more and more evidence that this theory was correct. He began to view water as 'Earth's blood', sensing that it must be able to move in naturally appropriate courses if it is not to be ruined. When a watercourse in unspoiled nature is moving in winding curves, its banks grown with shading trees and bushes, this is no coincidence in Schaubberger's opinion. 'Water wants to move this way and it constructs this shade on its banks itself, to shield itself from direct sunlight'.

Water was not just H<sub>2</sub>O but a living organism with its own laws that must be respected by the human being; if not, the consequences would be altogether disastrous. Precisely because he had had the chance to study conditions in relatively unspoiled nature for such a long time, he was able to see the dangerous changes that were taking place as the human being interfered in formerly harmonious conditions. He was frightened at what he saw happening to springs, watercourses, animal life and vegetation when large areas of forest were clear-cut, as was happening circa 1920 when the Austrian economy was so poor after the First World War. The change after clear-cutting was observed first in the watercourses. If Schaubberger were living today he would also have been able to see the pH-value of the watercourse sink after a clear-cut – and with that a change in the chemical composition of the water, our unique solvent.

Schaubberger had been studying the motion of water since childhood. Essential concepts in his theories of water were 'positive' and 'negative' tempera-

ture movement. The former is water's movement as it approaches +4°C. In the course of this temperature migration and simultaneous cycloid spiral motion, the water's energy increases, it becomes fresh and living, and new water is formed through so-called 'emulsion', when the oxygen is bound by the hydrogen. With 'negative' temperature movement, the water is warmed above +4°C, which leads to decreasing energy and worse biological quality. Now, instead, the hydrogen is bound by the oxygen, which results in the water's slow disintegration; it loses its buoyancy and viscosity and fills up with pathogenic bacteria.

Schauberger points out in many of his writings that he had succeeded in solving the riddle of water. His knowledge of water was comprehensive, based above all on his many years of basic studies of nature. 'In reality water has secrets hidden in it like those of the blood in the human body. In nature it fills functions that justify giving it almost the same significance as blood,' said Schauburger. Long before the environmental movement awakened, Schauburger was also thinking, 'Sooner or later one arrives at the insight that, without exception, biological misfortunes (illness, degeneration) can be traced back to the wrongs that have been committed against the earth, the water and the air.'

Business people as well as researchers have been inspired by Schauburger.

As we can see, when the water drains out of a bathtub, the water always moves in a spiral, but the natural movement of water is inhibited in the long water pipes between the drinking-water intake and our homes. If the water is swirled, however, it can be 'inspired' again. With this in mind, Bertil Pettersson of Plus Minus AB in Åstorp, Sweden developed a small box that swirls the water in two directions.

In regard to this spiralling motion, Benny Johansson, PhD, clinical chemist and former researcher with Astra Zeneca in Lund, Sweden, says that it brings about changes of energy in the oxygen dissolved in the water, and this in turn affects the water molecules. In his studies of swirled water he has found that the water's resonance energy (its own energy) is changed by the swirling. A shift in wavelength occurs in the water towards a lower wavelength, which gives a higher frequency and higher energy content, and this lasts for a long time.

Curt Hallberg is an engineer and co-owner Watreco, a company working in the spirit of Schauburger with swirled water. He notes that char (freshwater

fish related to salmon and trout) swim against the current in the coldest water – that is, in the middle of the water's spiral motion. Schauberg had studied this closely. A flying bird – imagine a hawk – angles its wings and lets itself be flown. The fish lets itself be swum. I think of the winding course of Klarälven, the river in my part of Sweden, and how through the ages the movement of the water truly has made an impression on nature.

**THERE IS NO DEATH –  
OUR LIFE GOES ON**  
by Ingrid Fredriksson

**The limitations of the scientific view**

Relying only on the kind of thing that can be proved by numbers creates, among other things, an emotional gulf between patients and their doctors. More than fifty years ago, the American philosopher William James, speaking of the possibility of an eventual return to a more personal approach, stated: ‘The rigorously impersonal view of science might one day appear as having been a useful eccentricity rather than the definitely triumphant position which the sectarian scientist at present so confidently announces it to be.’

Leonard Laskow has noted that ‘something in the relationship between the doctor and the patient comforts and makes healing easier’. He has also developed techniques to try to describe systematically and predictably what modern medical science has lost.

In one experiment, two identical groups of bacteria were exposed to antibiotics which normally would have inhibited their growth. But before the antibiotics were added, loving energy was focused on one of the groups of bacteria. The group that was protected by loving energy survived and continued to be mobile, while the control group wasted away.

A number of similar experiments finally convinced Laskow that the results he got with energy healing could not be ascribed only to the psychological placebo effect or even to psychoneuroimmunology in general.

In order to understand how our thoughts or feelings can influence our body, we must understand that our body is not only physical, or material. Einstein accepted that matter and energy are equivalent and mutually interchangeable aspects of a single underlying reality or ‘universal field’.

In other words, everything is energy in different phases of vibration and motion. Just as the sea consists of many currents and waves that are moving simultaneously in various directions and with varying force, so our body consists of many pulsating, interacting energy fields. Though we think of our body as a solid physical mass, its mass is quite simply energy that has been given that particular form.

Within the energy system we call the human body are a great many subsystems that contribute to healing us and keeping us healthy. These include the lymphatic system, the circulatory system, the nervous system, the

muscular system, the immune system, the digestive system, and the endocrine system, and all of these act together. Each one of them is receptive to the subtle energies that come from both inside and outside the body.

We know that DNA has piezoelectric qualities, which means that it can convert energy from one form to another. For example, if energy in the form of pressure or vibration is applied to a piezoelectric structure, it releases electrons. If, on the other hand, electrons are introduced into a piezoelectric structure, it starts to vibrate. Almost all cells in our body, except for fully developed red blood cells, contain DNA and are therefore piezoelectric.

Nobel laureate St. Gyorgi has pointed out that the transfer of electrons, both within and between cells, is the key to vital process. Thus it is not at all surprising that vibrations of certain energy fields can be beneficial or harmful for our health.

Research indicated further that infected cells transmitted information about their diseased condition to healthy cells, and that they did this through energy that had the ability to pass through quartz but not through glass. (Quartz lets ultraviolet light through, while ordinary glass blocks or filters it so that the signals that are sent by the cells are altered.) Further studies showed that the energy in question was that which is close to the ultraviolet spectrum – that of DNA radiation.

This research, which comprised over 1,700 experiments, shows that DNA in living cells is able to communicate with other cells in the vicinity through transmission of energy in the form of light. These results indicate that cells can communicate with each other independent of biochemistry and organic systems such as the circulatory system, the nervous system, or the immune system.

Bernard Grad, biologist at McGill University in Montreal, showed that the spectrum of absorption, surface tension, conductivity, and degree of acidity of water can be changed with the help of focused thoughts or intention. When it is structured with the help of healing that is sent, the hydrogen-bonding angles of the water molecules are widened. The increased angle weakens the water molecules' normal degree of attraction to each other. This leads to a decrease in surface tension and an increase in the solubility of the structured water, as well as a changed pattern in its ability to absorb light. Laskow says that if thought and healing energy can structure extra- and intracellular fluid, which in its turn affects the distribution of electrical charges in the cell membrane, this could apparently make the healing process easier.

The body's cells remember. This is the reason we react reflexively before the brain has had time to send its signals. Perhaps we also should stop

fretting about what we have *not* done. Instead we should think about, and be glad about, what has in fact got done. There will always be new chances. Whether we want to or not, we are always sending out a mass of signals, most of them unconscious, about who we are and what we are thinking. Everything we give out from ourselves always comes back in some form. If we send out loving thoughts, we get love back. So 'keep smiling', even when you answer the telephone.

# **THE TIMELESS AGE**

**by Eva-Lena Johansson**

## **Preface**

Who am I and why am I living in this age? Have I experienced other ages and other places? Those were questions to which the tree would give me an answer. But first of all I had to reach the tree that was shimmering so unattainably in the distance, and the road there was full of hardships. In the end the search for the tree became like a dream, a fairy tale, something, which perhaps wasn't real at all. All the effort began to wear me out. Maybe, in spite of everything, there was nothing to look for.

Then, at the moment that I gave up the tree was suddenly there, the tree of life that gave knowledge and access to inner journeys in other ages and worlds. To allow oneself to be embraced by one's tree of life means to commence a journey to become whole, because the tree is who I am. To merge with one's tree of life makes you free to reach all other personalities that you have once been. It sets you free to reach all ages and all ages become one age. Everything is within reach, nothing is separated. It's like this for everybody. We all have a tree waiting for us to help us to understand who we are.

*Eva-Lena*

## **The Tree**

The tree of knowledge that cuts both ways is standing there so beautifully in the middle of the dry desert. How is this possible? How can a tree strike root in the middle of a desert where there is nothing but burning, scorching sun and no water? What a remarkable tree! I walk closer, but it's hard to get closer. The tree is much further away than I had thought. After many hardships and long wanderings I seem to be approaching the tree. But when it's so close that I can almost hear the wind sighing in its huge treetop, I realize that it's still far away. How could I be so mistaken? Is the tree enchanted, can it move? Does it have roots that wander under the ground?

I sit down in the warm sand, the warm, scorching sand. I only want to cry. The tree doesn't exist, it has to be a chimera. It's no doubt a mirage. Such things are known to happen quite often to people in the desert.

Strangely enough there are no other people nearby. Where is everybody? The world no longer feels real. Am I alone and are all the others gone? No, I must go on. It won't do sitting here. I continue to walk on my tired legs with sore feet. The years have gone by, lines are beginning to carve their marks into my face, and the tree is still as far away. I am never going to reach it. Everything is in vain, meaningless, and I cry bitter salty tears that drip down my cheeks, forming little wet dots in the hot sand.

Why is the world so unmerciful? Day and night alternate, the years go by and the tree is standing there, almost translucent. I try to look the other way, try not to think about it. Perhaps everything will feel better then. I try to find my role in life and I almost succeed, but every time I raise my look a bit more the tree is shimmering in the strong sunshine. It stands there enticing me. Try, come closer, it says and I try again, like so many times before. A thought flashes through my mind. What if I'm looking for something that doesn't exist? Perhaps that's why the tree seems so far away and only seems to be shimmering in front of me. Maybe I haven't exerted myself enough, I think. Oh yes I have, but there must be another way.

I sit there under the scorching sun exposed to the heat. I close my eyes, relax and stop exerting myself. I see the wonderful, unattainable tree before me, the tree which will give me the answer to all my questions. I imagine that I am standing before its trunk and hear the leaves soughing above my head. I imagine that I can feel the tree trunk and I stretch out my hand to stroke its bark. I'm so intensely concentrated on this image that I have forgotten the world around me, the sand, the sun and the merciless heat. Then, just then, something happens. I feel something against my hand, something coarse. I open my eyes and I'm no longer where I have just been. I am at the tree. I become speechless and a wild joy rushes to my chest. Then I get confused. What happened? I didn't do anything in fact, except stop exerting myself. When I gave up, I arrived. Was it that easy? The easy thing seems to be the true thing.

The search for the tree was at an end. The task of every human being is engraved in the bark of every tree of life and can each look very different. My tree was there now, quite close, and I could read the message written in letters of fire. I read and I felt a deep satisfaction, but I understood that the journey of my life hadn't even begun. All that had happened before had merely been a reminder of what I should carry out, a preparation for my true task. The journey was now to commence, and it would be entering my inner worlds. I turn towards the tree and contemplate its trunk, and then I

lift my face and look up to the top. What a wonderful coolness the tree gives me! The insufferable scorching sand and the heat that have been tormenting me during the endless disconsolate wandering are gone. I feel like born again and perhaps I am, too. I don't quite know any longer. A new reality appears and the old one begins to fade away like in a dream. Cautiously I sit down by the foot of the tree and wait. What I'm waiting for I don't really know. I'm simply waiting for something to happen, but it doesn't bother me so much any more. I'm satisfied just sitting there by my tree. I understand that it represents what I am, both in the past and in the present but also in the future, so why should I try any harder? All that I want to know and am searching and longing for is in the tree. The tree will give me answers to all the questions I have been asking. Who am I and why am I living in this age? Have I experienced other places and other ages? Now I'm going to find out but I no longer feel any hurry. My body is filled with serenity and I listen inwards. I notice that I'm beginning to feel the remarkable tree within me. I realize that I am the tree. The tree is everything that I am. Now I would finally become whole. I merge with the tree and understand that I am no longer tied to the personality that I have been for so long. I can reach all my other personalities, all those who were "I" in the past and the future. All ages become one age and all my personalities become a clear and visible part of me. I distinctly experience all of them as I am sitting by the big, beautiful, quite wonderful tree. The leaves are blowing in the weak wind like a faint murmur and the sound puts me to sleep and I fall asleep by the tree trunk.

When I woke up it was night. The moon was shining through the foliage, forming a silvery street up to the place where I was sitting. I didn't move, I simply remained there quite still. Suddenly I saw a figure before me. It seemed as if it came from the tree. I leaned forward, curiously. "Who are you?" I asked but got no answer. What a silly question, I thought later. Of course you can't ask yourself who you are. I should have understood that. The somewhat blurred figure was standing there before me and gave me the insight of the meaning of unconditional love.

Love is the miracle of the creation. Love is all there is. This entire universe exists because of unconditional love. God's creation is unconditional love manifesting itself in stars, planets and whole galaxies. It's all there is and the one and only original creator created it. It's a creation sprung out of pure love for the universe and for all its creatures, everywhere.

# **THE KEY TO THE MAZE OF HAPPINESS**

## **by Eva-Lena Johansson**

### **Preface**

*The Key to the Maze of Happiness* is the second book by the author Eva-Lena Johansson and just like her first book, *The Timeless Age*, it deals with the spiritual development of man. The book contains different stories and begins with an ancient past where man was at a very high spiritual level and one with everything else in the creation. At the time of the destruction of Atlantis man gradually lost this total entity and the feeling of separation entered into the consciousness of mankind.

In the stories that embrace the time after this fall exceptional groups reach this high level of consciousness. In the end mankind ends up in a blind alley where an artificial intelligence is on the point of taking over, in order to transform humans into living robots. The end of the book leads us to understand that a new time, a new era, exists beyond this one, where the mere power of thinking influences the world of man. Only people with pure and good thoughts can and wish to live in such an environment. The beautiful pictures in the book help us visualize the message that the book wishes to convey about an alternative view on human development.

### **The Golden Age during the Prehistoric Times of the Earth**

Once upon a time very long ago there was a reality that could be seen in the haze of the humid air that embraced everything that existed during this time. The air was easy to breathe and protected people from being dazzled by too much sun. The aging process didn't exist. Man was living in an age where she was not restricted by the

thought. The thought was free and it sailed away across the open plains without fear of dangerous animals or people. Occasionally we will perhaps come across such a world in our dreams and therefore we believe that it only exists in the dream world. Once this world was real and it was experienced by many people who are living now. You could even say that it still exists in a parallel reality and therefore it can be reached.

When our consciousness is raised we can reach beyond time and space and visit the places that were once so dear to us, and that we deep inside long to reach again. Who wouldn't want to live without agony and anxiety? We all carry agony and anxiety within us and this has to do with our restricted way of seeing and experiencing the world. During this age so very long ago people, animals and plants were living in harmony with each other. This lasted for eons but when evil came into the world this ended. Evil meant a restriction of the consciousness. Then the world was full of animals living in harmony with one another. The animals were not ruled by fear and were not driven by desire and lust to consume each other. Humans were living like flowers on the ground. They were beautiful loving creatures living in concord. There was no hunger that drove them to ravage the land or eat animals. Water and air were the only things they needed to stay alive. Time didn't exist. They didn't think of any yesterday or any future. They lived in the present. They didn't need to learn a lot of things in order to conform to a society and its social frames of reference, which is something that people have had to do later. They already knew everything.

FaceBook: Eva-Lena Johansson

**LIGHT OF THE NORTH**  
**Messages from the Universe**  
**by Yvonne Frank Månsson**

*The snow was slowly falling, covering the old family estate with a thick layer on the rooftops, the fences and the tall pine trees. There was peace and quiet. Lake Siljan lay frozen beneath the slope, sparkling in the white light. It was just before midnight and everyone was asleep, except for the seven friends, who in a state of elevation and moved to tears were sitting in front of the fire. This night would change their lives forever. Now the time was ripe for their mission; to wake up, to help awaken the slumbering humans and receive messages.*

This night was magical to me and opened a channel with universal intelligens, with the inquiry to send these words forward. I doubted, I cried and a lot of times I felt forced to give up but something within gave me the power to continue.

From the beginning the messages were difficult to understand because of the old fashion language that was used. But after a couple of months my body went through an increase of frequency and the messages came clearer. I received new messages to complete the trilogy *Light of the north*, this being the first book. All together they contain 255 divine messages with keys to liberate every reader who wish to investigate his/her inner strength.

*Yvonne*

At the time when time was not, the Creator planted a seed on the shore of Siljan`s lake. The seed germinated and grew and is everything you can see on your Earth today. You have lived through all phases of this seed`s development and have now reached your graduation for enlightenment on your Mother Earth.

With our deepest love for mankind, we have asked for contact so we can help you cross all the thresholds you will encounter during this final dark moment of your lives. You will thus meet the new Golden Dawn with a cleansed and loving mind, with beauty in your eyes and with joy in your hearts.

Times are now changing, but if you only learn to trust and also seek the light, you will be protected until you reach the Golden Morning Light. Your own light will be of help to your environment and give you comfort and a sense of safety on your way. The Light is now stronger than the dark forces. For now, interpret our messages as if they are directed to you. Because such is the purpose for you right now. As readers you are all messengers of this mission of Light. The Light leads you, follows you and supports you in all things until the new Dawn shines over you all.

Our messages in this book are a gift to you from the universe, to be used as tools in all ways in your lives. Read a message when you feel good, read one aloud when your fellow man needs your support and also when you weep inside. You are never alone. You are Gods on your way home – and we will follow you.

We are always near you, shining a light in front of you.

With all of our love

## Message number 13

You need to make mistakes, fumble somewhat in the dark and make a few detours to find what is correct in your tasks. Dare to make mistakes and you will see the flow in front of you. Because there are no wrong thoughts or wrong ways - just the courage to dare to act! You are not to be given the results or the answers before you start. You will get them along the way, if only seconds before decisions are to be made! But this is where your faith comes in. Because we will never leave you! We are always there for you, guiding you in the flow.

Try to imagine the despair in people as regards not knowing about the future, about issues like life and death. Such worries pollute the air for their children and also their environment. These issues remain in the dark, and important messages - of the intuitive kind - are missed. Here you should engage all your resources to awaken people and let them see situations for what they are. There are messages everywhere; in the colors of the sky, in the trees' movements by the wind, in the roaring of storms, in the rays of the sun and in the smile of your friend. Don't miss anything, live in the NOW. Learn to be alert to what is happening around you and pass it on to others. What did you see today? How did you feel today? What was unpleasant and what was wonderful? What words influenced you? In what thoughts did you get stuck? How will you go with the flow again - where all things are just flowing along and nothing gets stuck in obtrusive thoughts?

Imagine that everything inside you is illuminated, is glittering and sparkling in a golden shimmer, and all this beauty - is you! For that is how we see you. To us you are a shimmering golden light searching for your way home on a journey through life, which can only be perceived as real at a distance. This is our distance to you. But in the light dwells the joy of having existence in the now and that is why you need the light inside of you. This is nothing you can buy or download from the Internet or even ask a friend to help you with. You have to get it yourselves, open your eyes to the light that you are and put your faith in this shimmer. Because this is the energy that will take you to the flow, which will guide you home.

You have all the options to find your way home in this life. Don't wait. Go and get the light now and let it light up your way to freedom. Everyone can

find this tool, if only they know that they possess it. Most people have forgotten that they do.

Now rest in the light, close your eyes after a day's labour and rest in the light. Extract the cell-memories about glittering stars in soft blinding lights, which come with the tales from world's afar and shower you with cosmic sweets. Like the fairies in the fairytales, your own cosmic light will awaken all the wonderful gifts you were born with and all the wonderful qualities that can transform your everyday-lives into moments of experiences in the light.

*Now the Light is within you. With love and Light.  
Your brothers and sisters from Sirius.*

*Thank you!*

**SILJA FROM COSMOS**  
**by Yvonne Frank Månsson**

**Preward**

In the calm silence I heard something carefully knocking at my inner window. It was like this something wanted my inner beings existence to blossom – blossom in a updated reality, to a higher perspective of consciousness and lift up beyond our illusion of old memories, habits and patterns.

I let myself obey this inner desire of words, pictures and feelings of another time, beyond my Me, when our eternal natively was made. I let myself comply with the signs and signals in life that continuously was whispering to me and I let myself follow the life force that eager was looking after more then what my eyes, intellect and mind could manage.

I let myself comply with Silja!

Yvonne

My conscious awerness are suddenly reaching you, like a smell from a rose just starting to bud. It fulfils your senses and makes you intoxicated of life. In all the beings I am their inner essence of life force, and through these simple words I provide an **inspiration** of a higher insight, given by the Free Wills eternal lifedance with the Divine movement in every soul in The Creators arms.

Silja

## Chapter 3

How do you think the force of the Creator can blossom in its own beauty? Everything beautiful exists through me. What happens if you step on me? Then you step on your own Divine beauty. Because of that I want to waken you with the Nine fires, whose force comes up with your beauty against and in front of each other. Each one of these fires exists inside of your essence. It is the Humanity, the Humbleness, the Love, the Joy, the Trust, the Goodwill, the Patients, the Flow and the Creativity. These thoughts of energy water your source and give you the light so that you can see your keys to the treasure box that is your own in God's space of creation.

My work was to awaken the beauty in life in the daylight on Mother Earth. I travelled through fog and rain, through ashes and snow and through ice and fire to find some life to bring beauty to. Sometimes we were many and sometimes we were lonely. I got some help from the Nomad people from Siberia, the original Omega people, whose intelligence is sharp but bodies are ponderous and has a lot of hair. They can not live on this earth anymore, instead they are managing geological chores under ground. They have built enormous centrals, connecting tunnels and laboratories to keep all the contact with Mother Earth's inside and Mother Cosmos' outside, alert and intact. They possess the forces that have furnished your consciousness with the knowledge about nature, structure and location. From that you have worked out strategies to start land-management on the adapted ways that the different situations of nature on earth needs. You have never seen them, the masters of geology. They look like big, living pinecones, except with a coniferous-looking fur over their whole body. They can not stand the daylight and does not manage heat very well. That is why they are living in the north hemisphere and operates in the inner channels of Mother Earth together with the star-people like the Dragon-people and the Inca-people. They have built tunnels and workshops that connect through the whole earth below her surface. They also are working together with the horse-people from Jupiter and create the most beautiful pattern in the fields, which you have not learned to decode yet today. But today you are many who suspects, understands and sees with another part of your brain that finally are starting to be activated, together with the intelligence of your hearts. It is the light of your hearts that activates you. It is my presence in your thoughts, the love from God in your hearts and the dance of life that summons this joy, this inner enlightenment of a bigger picture. Because you

want to know more, understand more and know that it is more to learn, right?

During our starting process with the Human you became far too big. You were growing from the trees, the plants and the animals. We had you shrunk, so that you could learn to adapt into the world. There were millenniums between times. We sometimes took you with us to other planets, so that you could meet your origin forces and bring new inventions back to Earth. No life has ever been wasted. The prototypes of you is still existing and living in other places in the Universe. Although our origin forces had the intelligence of the origin, you had to discover Everything's beginning ourselves. We built in the desire of wholeness in your systems and put you on earth to look for it. You were looking so hard and we were laughing. Because you were always looking outside of yourselves and we had hidden the treasure box inside of you.

Sometimes we had to make natural disasters or heavenly disasters to make you pause in your development. In some times you were very quick to embrace new knowledge, to get to work and to action. You have been unbalanced more than one time during your wonder on Earth. But when the life was eternal in the meadow of the Lord, we simply follow, show your mistakes and teach you to go on after each lesson. You have been running into the mountain wall many times, but you have also been flowing in the rapid flood of life in the greatest pleasure. In some times of your life cycle the trees became too big and you could not cooperate. Other times the animals became too big and you were scared into the caves. Silja was always with you and led you through the darkness, with help from the forces that Mother-Father Cosmos was sending me.

You also were brought up to the big ships that constantly stay over the Earth. And how you looked at it! You took in all of the technology, all of the research and all of the force of thinking that was on board. After that you created stories and let your children dream about a new future. You believed that you needed leaders and prophets and you did not see the leader inside of yourselves. I was there the whole time. The force of Siljan inside of you is eternal and connected with the origin of Everything. A master is no master without his novices, but if both the master and the novice is represented inside of the human, she no longer need to seek. Silja is inside of her and leads her to the source of the light, where eternity is waiting with love and joy.

There is barbarity in the world too. A lot of evil was asking to come to Earth to be purified. Everything according to the force of the Creator that wanted your wholeness.

I was a part of the delivery of you to the evil, for a time elevated into eternity on earth. I was resting in Mother Earth and I was hearing your lamentation. I sang into your hearts, but you did not dare to listen. You were putting a thick blanket over your inner lights and been letting the evil embrace you. Your path was painful, but Silja was with you the whole time in your thought, form the depth of Mother Earth and somewhere inside you, you knew that my force existed.

A spark of light – and the star-people came back with their warriors of light and scattered the evilness, let your songs be raised to the surface and embraced the pain in their love. I was awakening to wake the beauty back to life. I rediscovered my Me at my origin at the Siljan depth and started to light the Nine glowing fires' light.

*Silja*

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