

## **MARK HUBER CALL 8/18/09**

### **Part 1**

BETH: Hello everyone. How are you doing tonight? Thank you for joining us. We want to focus this call tonight on the work that we did this weekend. Kauila will be telling us about the trip he took to Kauai.

MARK: I'm going to ask Rama to give an update on the world news that they have gotten from the KOS and other people..

RAMA: Well, the way things are looking in terms of announcements and First Contact, all of these events. It is unfolding as we speak right now. And the very fact that Mr. Obama sat down with Mr. Mubarak today.

TARA: In the White House.

RAMA: In the White House and Jimmy Carter.....

TARA: No Mubarak said.....

RAMA: Let me..... Mubarak said just like Jimmy Carter has said an apartheid is going on and in Palestine these people are unarmed. They need to create one state solution in order for Israel, Palestine to [inaudible]. I heard this from the KOS along with John Sebastian today of Loving Spoonful and.....

TARA: Who were at Woodstock.

RAMA: Who were at Woodstock and John Sebastian spoke about how 40 years has come full circle in terms of the energies. Where on August 12, 1943 then August 12, 1983. Just like David Wilcox spoke about. Energies of the message that he gave in terms of what was on divine cosmos. As I was saying, 40 years has come full circle. This is also the energies of Harmonic Convergence and the energies of what has to do with what is going on.....[interference]. The energies have come full circle and it is in a place where what they put out on August 12, 1943, August 12, 1983, August 12, 2003 and it has come completely full circle. And what we are creating is peace on this planet.

TARA: What do those 3 dates represent?

RAMA: It is the Montauk Experiment.....

TARA: And the Philadelphia Experiment and then in 2003, they didn't do an experiment.

RAMA: No they didn't. And what I am saying here from the KOS' mouth and John Sebastian. Peace is at hand. It is momentary. I mean things are going on where the seeds of peace are already being implemented. Peace will break out and they will lay down their guns. And I am just saying, anytime these events are unfolding. It has to do with the fact that the energies have come full circle. And it's being brought to the place of love and balance, peace and joy.

TARA: Okay, what else did they say?

RAMA: What the KOS also talked about was Mr. Clinton had a private meeting with Mr. Obama today, separate and apart from his wife.

TARA: His was at 4:30 in the afternoon and Hillary's was at 1:30 in the afternoon.

RAMA: And from what I heard, that this discussion about First Contact is extremely up in everyone's face. It is interesting that Britain has put out these stories that they are releasing 60 years of information. I suspect, you know, that Mr. Obama, Dr. Steven Bassett, he is having interesting meetings going on next day, two days. It all has to do with First Contact coming forth. In spite of the stories going on, like this District 9 movie and all the other negative crap - none of it is real. It has to do with love. This is why these people spoke today. I mean I never expected to talk to John Sebastian of all people. I also spoke with the Poppy Lady today and she said what is going on in Afghanistan, all has to do with our CIA/Black Ops that has to do with [inaudible] and massacre, convoy of death. It was brought up again on Amy this morning where they killed thousands.

TARA: And I would just say that on Amy this morning, she showed specific clips by Jamie Duran. He was the author of Afghan Massacre the Convoy of Death and he was left for dead on the side of the road. And she watched specific sections where it said that there were 200-300 people wrote it on each of the semi trucks. That's semi truck things and there were 25 of them. So that means, there were between 5,000-7,500 people killed. So that was very clear and also [Afghan] Warlord [Abdul Rashid] Dostum who was funded to kill with our military, all of these people is now helping cartheid with this coming election in Afghanistan. What Amy said about that, this man is responsible for the steps that we just numbered. And there was an attack in Kabul and it has killed a bunch of our people who were protecting the cartheid people. So we can see, and

the attack was supposedly from the Teleban. When you hear Teleban, you hear Hillary Clinton. Not Barack or anything like that. And Barack made a point of it too when he stated that...[interference] Afghanistan [interference]. Barack Obama was saying that in Afghanistan, that it's a [interference] people who attacked America on 9/11 and he pointed to the Teleban and Al-Qaida. And he said here, if left unchecked, the Teleban insurgency will need an even larger safe haven for which Al-Qaida will plot to kill more Americans. In other words, they are talking about Hillary basically, when we say this. [Hillary] is planning to do another attack, like the 9/11 one in America, and you and I both know that it is not what is going to happen.

RAMA: That's right.

TARA: Which means that Barack Obama is setting Hillary up to be taken down completely publicly. And I think he read the riot act to Hillary. And when Bill talked with Obama, they talked about [interference] personal truth. That is very important everybody, that is huge. That has to do with, you know, with Mubarak. It has to do with the KOS telling Mark and Beth and I guess Kauila that on Sunday, Monday, that the Gag Order was taken off everybody. And that's why Mubarak made a statement like that today. He would have never said that until that was cleared.

RAMA: And Mr. Bob Novak addressed the planet today that has to do with the fact that Mr. Bob Novak is going to spill the beans on the Bush/Clinton Crime Family about 9/11, Valerie Plame, Joe Wilson.

TARA: Whoa, whoa, whoa, whoa. Then the dialogs with the divine. There is an invitation for everybody on Sunday, September 6, 2009 at 1pm Eastern, 10am Pacific to come and listen to his holiness Sri Sri Sri Svami Purna Maharaj. And everybody, the KOS has made it very clear. He talked to Rama in front of John Sebastian and he said this guy is an immortal and that he's been here from the beginning of the timeline, 450 billion years. And that speaking to an immortal and the immortal speaking to the western world as well as the whole world can attend. After we had 425 people from probably....

RAMA: All over the world.

TARA: At least 50 countries in the world. Going back to their respective countries and inviting all their friends to come to this call along with us. Yet, the KOS is saying, this is a very important event so we invite you and it should be up on the website. So are we done now Rama?

RAMA: Yes. I mean I can't think of anything else other than what is being said by so many people. The biggest thing in this time right now is focus on peace and sending that energy and loving these beings even more.

TARA: Even if we have [disturbance]..... Even after we have a little disturbance, we just love those people more.

RAMA: And it has to do with the fact that the Sirian Commander is sitting in the oval office.. And I make the distinction now. Sitting there doing what he was ordained to do for over a thousand years.

TARA: And there was one more thing and that was on Amy after she did the whole thing about Afghan Massacre, then she had the British politician, Tony Benn on there. And he completely condemned the escalation of the war in Afghanistan and totally defends [Britain's] Socialized Health Care System. That was a double header. And everybody who has an opportunity should go to Democracy Now\* on their computer and listen to this program because it is that critical all the information she brought through today.

\*[[http://www.democracynow.org/2009/8/18/british\\_politician\\_tony\\_benn\\_condemns\\_escalation](http://www.democracynow.org/2009/8/18/british_politician_tony_benn_condemns_escalation)]

MARK: Thank you Rama and Tara. Well from what Rama and Tara and KOS and Amy Goodman had to say today, this morning and this afternoon, we are now in process of relieving all of these overworked overburdened neocons from their harassment and disruption roles and they should be happy that this is happening. With Sibel Edmonds 6 hours of testimony that went on record, the KOS told us today, that they are indeed having transcriptionists working around the clock taking depositions from the people named in Sibel Edmonds' documents and there is no question that the evidence is overwhelming and irrefutable. And that they will, very shortly, complete the legal documents so that the next phase can take place. In fact, some arrests are already taking place behind the scenes and will be announced as soon as it possible to state that. But the Gag Order on the Media has been lifted. Now they still have the responsibility to act responsibly and to tell the truth. So this is where we are in terms of background. But in order to understand how and what it is that's changed. I would like to ask, first off, Kauila to come in. Most of this work happened this weekend. We were busy all weekend long with Mother. So would you like to come on and tell the portion in Hawaii over on Kauai?

KAUILA: Yes I would. Aloha everyone. This is Kauila. First, I would like to ask a blessing for this entire telecall and thank you Archangel Michael for bringing in your beautiful blue light onto this call and thank you

so much for the spirit of Pele to clear away all the blocks that are occurring at the moment. We thank you so much. I just wanted to let you know that we had an operation that was really world wide. We started out the last operation that we had was on Oahu, at least over on Hawaii. It was very clear that from the information we got there, that this next operation on the island would take place on Kauai.. And just to give you an idea of what we were going through throughout there on Friday, the 14th. We flew in to actually the southeast side of Kauai. Kauai is kind of a round island and I really wasn't aware. I had 4 pieces. 2 pieces of lava that I already had at my house here. I had 2 other pieces, heart shaped purple coral shell piece and the other was a coral piece shaped like the island of Kauai which was obtained from Kyena Point [Oahu].

So what happened was, after getting in, I toured around the island a little bit. I haven't been to Kauai in 10 years at least. To get a feeling of where these pieces were to be laid and so as we drove around, I came to a place in the middle of the island at night time and it was almost like I was guided, pulled to..... If anyone can find a map of Kauai on Google or something like that, you go up several towns on the southern and southwestern side and there was a little road that said Waimea Canyon and I felt drawn to Waimea Canyon.

So I drove up there and did not see anything because it was very late at night so I slept up there that night. And the following morning, I was strongly moved to place one of the lava pieces at this location and if you have never been there, I will post some pictures shortly, but it is such a gorgeous, very gorgeous canyon, it's a beautiful view. But the guidance was to place it at the top of this canyon.. So the one lava piece which had a heart in it and also some funky lava projections on one side was placed under a bush right near the observation deck. As this happened, I took..... This is just before sunrise, and when the sun started coming up, I was holding my arms outstretched and I saw this beautiful sunrise come over the mountains and this immense energy flowing from the valley and started flowing down the valley through the valley. Now there is another piece that was.... I had to walk out about 40 or 50 feet onto this sort of a red dirt mound that was.... If you went 2 feet in either direction, you would probably tumble down into the canyon, but it was placed at a certain location and I did not know exactly what would happen with that one, but it was the purple heart. Then, after that, these two pieces were placed and the sun came up. Then I was moved to go to the next location which was down to the west sort of southwest side. Down, down the mountain and to the west side to a beach called Kekaha Beach. It's almost the farthest, most western most, the farther western most town on the island of Kauai and it's also very close to a missile range, a launching center which is called the Barking Sands Pacific Missile Range Facility. And before I went down there, I was also moved to place a notice which had been given by Pele to all businesses and military operators in Hawaii. And one of those were placed at naval observatories up there where they observe these launches.

So the seeds were set and at Kekaha, the waves were up a little bit and this was an underwater placement. The other piece which looks sort of like a chocolate chip cookie, this lava piece was placed..... I put my fins on and went underwater maybe 50 to 100 yards out, something like that. And this was placed underwater, it's about 7-8 feet deep, under the sand, right under a small lump of coral. So this one was placed over there. Instantly I could sense a brightening of the area and I could sense that there was some strong..... This was a very, by the way, it was placed there partly because, this was a very, I will say, Kekaha is like more Hawaiian. It is a very Hawaiian area and uncontaminated by a lot of the civilization. A lot of the standard things you see from civilization. So later on that day, in fact during this time, during a conversation with Mark and Beth, it became clear to me as I came down, I looked at a map. I was taking with Mark in Kekaha, that's what happened. And I looked at the map of Kauai and I said I've got this last piece from Kyena Point so I'm kind of feeling out where it should go. As I looked at the map, I happened to see a word, a name called Haena. Haena which is a place in Kauai. And there is Haena, Kyena. So the piece from Kyena is to go at Haena which is at the very northern tip of the island and so it basically takes about 2 hours to drive around to that top point. But it was just, take a little bit of time, we got to Haena late. That would have been late on Saturday night.

So Saturday night I stayed over at the Haena area and I didn't know exactly where the piece was to be laid. But the next morning, we got up and went to this very end of the road. And there's a small beach there called Ke'e Beach and at Ke'e Beach, I looked out, and this is like maybe 5:00-6:00 in the morning. The light was just coming out and there's this beautiful little bay right there. And on the left there is this cliff that rises up about maybe 200 feet, absolutely, astoundingly beautiful. Instantly I knew that this was where it wanted to be placed, in this little bay. So I waited until..... I actually went back to a place to just, you know, do one's business that one occasionally has to do when one camps out in your car. And as I was driving back, I went to drive back, I saw this double rainbow shoot up by the cliffs. This is by where the bathroom is which is a few miles away. So I knew it was time to go and I drove out and when I got to this Ke'e Beach, this little area where the piece was to be set. Another double rainbow showed up from a cloud and as the time for placement which was 8:08am.

This is on 8/16 at 8:08am and when I was just sort of waiting. I got in the water, my feet were in the water

about 7:45am and the water is a little cool for Hawaii. So I was kind of, you know, I don't know when we go out. So I just waited for the signal to go out. And after about a few minutes, this complete double rainbow began to form from right and left and they both gradually came together and once they came together, that was it. I knew that was it, that was the signal. I dove out into the water. It is very calm, it's very calm water, a little bay, little lagoon and swam out. And not knowing exactly where it was supposed to be placed, I found the place. It was shown to me, there was a piece of coral reef about 7 or 8 feet and I was, they said swim towards the rainbow and it was right at that point where the piece was placed under that reef in a little cup area. Probably about 7 feet underwater and under the sand. As soon as it was placed, at first I didn't see a whole lot. After I come back out of the water, I noticed that there was quite a large golden light coming from the area and this connects to what Madame X speaks about. And so after that was placed, my part of it was finished. And so as I drove back, well there was so much that was happening.

There was so much going on that eventually I ended up that night I ended up at the overlook again. I was talking to everyone and we were talking about what had happened. And when I got back to this overlook again, I could see from the overlook this beautiful clearing energy that was going down the canyon and going all the way around and that was from the lava piece. And then, from the other piece, the shell. The purple heart shell, there was a golden spiral going up in a counterclockwise direction. And what happened is, this counterclockwise swirl was going first down to Kekaha and the clearing energy was being..... The counterclockwise was allowing this energy to go around the island counterclockwise clearing out all of this I'll call it negative or this dark tuff that has been going on in Kauai for many, many years. But this whole golden energy being carried counterclockwise around the island and it was just magnificent.

The one final piece that I wanted to say here was that just prior to that, actually the night before, I did have to be at the canyon. I went out, I just felt drawn to the end of the road. I had never been here before even though I have been to the island of Kauai a couple of times. I drove all the way to the end of the road and there is a place called Kalalau Valley. And this Kalalau Valley, I really didn't know what it was. I knew some people have gone there and I knew there was a song that I sing often that has that name in it. So I walked out and as I walked out over the edge of the walkway, there is this unbelievable beautiful valley and you are looking at it right from the top and the center from either side, you are seeing the mountains and the beautiful green and the ocean in the background and it's completely quiet. And when we talked to Mark and Beth the following night, he was mentioning, well that's the valley where all Earth's original inhabitants came in. That is where they all came in and I know that Tara has also mentioned that is where we all came in on the original first timeline.

This is Sunday night now, I was leaving on Monday. So the last night I was there, I drove out to Kalalau Lookout. And it was dark, night time. But I got a few, a little chance to walk out there, with nothing, no one there and slept overnight. The next day, I took a walk about 6:15-6:30 in the morning out into Kalalau Valley and that was a gift to all of us. Experiencing this original pristine Gaia energy, the vibration. The only thing you can hear is the wind, the birds and the mist floating over, dancing over the top of the mountain right there. Right at your head. And I'm going to post a few videos of that experience so anyone who wants to tune into that essence, that vibration, will be able to tune in just by watching one or more of these videos. There is no talking, there is only the sound and sight of this Kalalau Valley. And I want to thank everyone for all of your support in these operations.

MARK: Thank you Kauila. I'm going to pass this over right now to Beth so she can get into the very, very, very important and most significant of all energies. These things were interlocking, they all had to happen at precise times because they affect each other. So Kauila was on the land there in Kauai and in Hawaii, the island of Kauai, the original garden, shall we say, where we came in from the Pleiades and other places too. But that was the start. And this is why the point that he went to is so very important in resetting one of the key points for the new timeline that we are now in. Madame X and also her backup friend who is a Shaman in Peru, who is Lolo. These are very powerful beings who are coded for this purpose. They were among the People of the Sun who came here and who have held these hidden codes for the solar disk until all the rest of us could come back and join them and complete this operation who are also key holders. So this operation this past weekend was the most important one yet according to the people on the ships. Our higher portions there. So Beth, would you care to go on and share the operation that went on from either one of those places. Either Aspen Peak which is at 12,000 feet or the one in Machu Picchu which is even higher.

BETH: I have Lolo's report from Machu Picchu which is 12,000 feet and I would like to share that now please. This August 16th Sunday morning. This was Lolo and her group went up to Machu Picchu and coordinated this meditation with Kauila and also with Madame X. I'll read what she wrote.

It was 5 am, the sun was just coming out in-between the high pyramids green mountains, the river was low, the day was clear & warm. I had a very healing night last night...all night long I was aware ..even my body

was asleep...Looking, releasing many old thought limiting patterns, living through my nervous system. All ones related to romantic relationship that were just ready to be released. I have the feeling that was maybe a very old scar with tons of limited ideas and patterns that I thought I didn't have any more ,I see this all together coming from more than 20 years ago .. all this chat, with limited opinions and unconscious way of relate to a love one... wow ...incredible and a gift to love. I was totally amazed by this limited old way. I can see it like a dream of...years in the past listening to all my head talks again; all of it related to romantic partners.

As I was re-living those moments ,I felt in a moment...like nightmares that never ended ...my god! THANK YOU ..for my ASCENSION techniques. ,, I knew that this STUFF was just coming out ,,of my system" leaving forever" and at the same time "forever leaving" this planet and outward for the rest of all humanity...acceptance ,surrender and tons of love were built in my heart from this moment on. Wow it was strong! 7.30 am we were dressed in white, with over dose of vitamin C; the backpack ready with the offerings for the apu machupicchu & magic tools ...and some of the best delicious brownies that we buy in Ollantaytambo coffee shop.. With the train tickets bought for our return, we went looking for my old friend that lives and owns a hotel, we had a quick cold coffee, shared the stuff of our backpacks, so we all have pretty much ok, and not so heavy loads.

Surprised that we have delicious gourmet box lunches already made for us to bring along. The bus up the citadel was like always with super magnificence views of all the great mountains and nature. I love this place, is like home for me. Sunday entrance was free for locals. We all were ready for this powerful adventure. I remember that the trail up was easy and almost flat...of course was alike this but only the 1 Å° few meters....jajajaja then there was 3 hours of millions of steps up...nature was astonish birds, trees, orquids flower , butterfly's all around, as this very ancient green stone stairs incredible carved and made take us to the top.. As well 20 tourist walking fast up and down. Enjoying taking pictures...I pray so we get up, there and were only the ones that have to be present for this ceremony..

The sun was very African intense we have to stop a few times, drink water in the shade, of this fantastic wild vegetation and overwhelming view, the mountain nourish with pure & fresh breeze and tons of love..the citadel was far down us. I ask for the perfect spot waiting for us up at the top. When we arrived my friend oscar was sitting up waiting there with the most perfect smile & spot ready for the 3 of us and for the ceremony. He climbed up all this mountain in 45 minutes ...Youth is treasure...jajajaja!! Before arrive I have a bi location in to the Jerusalem ship we all were there in the controls of this operation. See K & M & me up in the control panels... said: just a few more steps up and I will be in position.

We arrive at 12:30pm , Oscar tell me that he and some more people yesterday were looking to ships around in the sky of Cusco city, and also others were seeing around Peru there even been in t.v. news...fantastic confirmation. Begin to take the offering out and put them in my Q"ueros manta and prepare the homa pyramid for the sacred fire, there were a super special and super perfect place to put it. all. The energy was already very high up, were may grandpas waiting, also many jungle eternal ones, angel and high ones full connected ...we all feel very bless. At 12.50 we begin make a circle with roses petals that smell like lyches. See our hearts one and join hands, see our heart one with the heart of this planet and ground our selves, one with the central sun of the universe and open up for more. Make offerings of corn powder to thanks all the grandpas, light beings and eternal ones that were there ,archangels and so on... feel to singing the old vedic mantra the Gayatri feel 108 times, so i ask Martha to take my rudrakshas and count for me....

This invocation is acknowledging and joyously celebrating that ... Om is everything. The terms bhÅ»r, bhuvā, suvāha (mahÅ¢ vyÅ¢hritis) are invocations to honor the planes of our existence and to call to our aid the presiding deities of the three planes in which we live our ordinary life: the physical, astral and mental planes. The three lokas (bhÅ»r, bhuvā, suvāha) are the bÅ»ja (seed) mantrams of the devatÅ¢s called Agni, VÅ¢yu and Å¢ditya who are being invoked to assist in our transformation. (See Chandogya Upanishad (IV, xvii, 1-3) and (II, xxiii, 3)). from this reflection was born OM. pervades all sound. Verily all this is Om ! .." We give what we are and what we have in order that the riches of the Divine Truth and Light may descend into our life..."It is the support of every seeker after Truth who believes in its efficacy, power and glory, be he of any caste, creed, clime or sect. It is only one's faith and purity of heart that really count. Indeed, GÅ¢yatrÅ® is an impregnable spiritual armor, a veritable fortress, that guards and protects its votary, that transforms him into the divine, and blesses him with the brilliant light of the highest spiritual illumination... "

The fire was big, happy & clear, the gi offerings made 108 times and maybe more.. there was really built a big energy field. This focus me and help me rest even more in to the one. All I look at Martha the energy field was so strong she was in moments asleep so sometimes she was not counting,, I find this very much funny. .finish this I continue singing in Sanskrit the ishaya puja a especial ceremony the ishaya monks do for honoring the linage, my teacher, the silence and the Christ consciousness , and all the golden ones that came

from the sun.. offerings to the fire of super good smelly staff.

Next I was vibrating ..my body was stand up with arms moving ..energy stronger. I didn't have a memory of marcela told me to do...I stay still ...a big air come from somewhere i remember to bring the solar disc from the lake Titicaca...I ask for it and I see it positioning on top of Putucusi sacred mountain...wow it was very big and jajaja golden, I put it back in his original place .haa...ok in that moment I feel another even bigger warm breeze and remember K and the warm islands of Hawaii... so I connect with a total open heart to him and the golden energy it come out of the disc...puff !!! powerful pure love heart connection. I smile...see connecting points lines & feel my connection to my twin sister Marcela ...see the 1Â° pyramid form then 2Â° pyramid form.. I wanted move the solar clock in Mapi from frequency 22 to 55 but it went to 00..it was reseted so it can be coded again.

My body was very tired, I was experience total and infinite joy and big infinte expansion ...I sit down and begin my Peruvian shaman offering to the mother earth pachamama and Apu machupichu...a day before I ask the apus what offerings they will like, so I buy all that was ask. Also were put in the earth with the offerings a stone from koa lake Titicaca. And pick up crystals from a ceremony with Marcela last year in Aspen high pass, a very little tiny crystal pyramid ...and the ashes of the fire ceremony. Very sacred Peruvian red flowers of the high lands to it then close it with earth and a big rock...all perfect.

So then I enjoy resting & eating the super deli veggie home made sandwich ..and the marvelous chocolate brownies ....uff until some more happened. I see the reflex ion in the mountain of a cloud form a big llama. Ok that means the offering was very well receive, we were very happy and begin our walk down ...it take us 2 hours with out water.. and heave sun...my face is super red even I put 55 sun block. In the way back in the bus I notice something that I didn't notice before...there were active many sun disc in Machu Pichu there were every were on top of the mountains and in the citadel ...wow !!! magic...the city was just with this super golden light that I enjoy to deep my heart...in every place was shining this golden light. .I adore it. My white pants were brown and I was totally wet of sweating very much tired...I dreamed for a hot shower that later I did take it in my friends Rupawasi hotel.

Thank god for the good friends & family that I have.

Love you all

Lolo

BETH: So that was her adventure on Machu Picchu on Sunday afternoon connecting with us all.

MARK: Thank you Beth and it was very good. And a final thing and the short part of that is I would like to bare with me on this. Because this is the third and final important thing here from Madame X. Anyway, this is .... [call dropped off]. At 12,000 foot at the top of Aspen Peak, CO and she's been linking in with her friend Lolo at Lake Titicaca in Bolivia so we have distinct places and Kauila is on Hawaii. [call dropped again]

BETH: I have the report right in front of me so I'm going to read it instead of Mark.

GOLDEN LIGHT OPS...USA

Location: One side of the top of Aspen Mountain, Colorado (12,000 ft high).

Time: 12.22pm -1..11pm

As directed, I linked with Lolo On the island of Lake Titicaca, Bolivia, we created a tube of light and went down into the temple which kept the solar disc; we requested permission to take it with us, Master Soromez is the keeper who let us in, as they had been waiting for us. The energy was so strong we could hardly take the disc out of its place, we went back to the tube of light to the surface.

We thanked all for making this possible and flew to Machu Picchu, Peru, to the top of the highest mountain where we put the solar disc in its original place. Once we set it in place,with everything aligned at the same time, the disc spiraled and all the sparkles of light covered the area and extended.

We went to the solar clock in Mapi, Lolo reset it to 0 and I moved it to 55 with the help of all Masters and Galactic Council, 55..5 for 5D and 5 for the 5th solar root race. We cleared all the energy left during the Conquistadors time and forgave all.

The solar race is back as is all the energy of the golden disc and the SUN.

Lolo stayed to do her offerings to the mountains and I called Kauila telepathically to be ready, he was standing in Kauai ready for a huge ball of fire I sent to him.

Once he had the disc, I was with him holding it 'till he anchored the energy down into the ocean and up; then

the golden light covered all the island of Kauai and all lemurian codes where activated. We created a bridge of light to the USA, we went underwater to the heart where Mark, Beth and myself had created a huge platinum heart filled with roses.

The golden energy took the shape of a solar disc and spiraled sending light all over the USA and connecting it to the Andes.

From the USA, I took all this golden energy to Palma de Mallorca, Spain where Priestess Paloma received it and put it inside a mountain called Galatzo. Now...it radiates light to Europe and all that area, it also activated all Atlantean codes to keep our planet in balance.

Once this was done I connected it to Machu Picchu, Peru again.

I could see a pink platinum diamond, with a sun in the middle of a huge heart, the galactic council engraved a seal on it, and many, many ships sent light all over, this energy created dots of light constitution the new meridians for the Terra Nova. Once done, a 6 pointed star formed all over our planet. This represents the unity..as it is above, it is below.

I saw huge sparkles of golden light all over, I saw all people, all kingdoms and realms together. I felt immense joy and peace knowing all we have done was for the highest will of all and we were guided and protected all the time.

At 8.38pm I went to the Marron Bells area {Aspen Peak} as I was called there to see the ships, to reconfirm they have been with us all this time. I saw the Andromeda ship and some of its members. I felt bathed in light and joy.

All was done in perfection and we begin a whole new timeline, where all is possible and LOVE is the key to all. Thank you so much for being all together on this Most Important Op. Blessings,

Madame X

BETH: So that sums up the ops we had, one in Kauai, one in Machu Picchu, one in Aspen and all this linked together with all the other places as well. We were finishing anchoring all of the great energies through Source after the Lion's Gate was open and came to its peak. Then this was the final time that we were going to have to work with these energies this way.

MARK: Thank you Beth. Okay, first of all, I thank everyone for indulging the technological challenges here that we've had thus far. It might be a good time to take a 5 minute break here. And when we come back, before we shift into some more recent information, for future changes coming in possibly. Kauila has a message from the KOS and we have a message from a couple of other people also including the KOS. And Kauila do you have one from today as well as the one from last night?

KAUILA: Yes I do. Shall I read it now or after the break?

MARK: As soon as we come back from the 5 minute break. If you would, start right off reading the KOS message from last night and today. That will be as up-to-date as we can get. Then I would like to ask Beth to do a short meditation and it is short, but it is very, very powerful. And we would like everybody to hear it and do it tonight together and then it will be put out on the web. Kauila and Beth are going to collaborate on that and they have and it will be out there on the web as an MP3 with music in the background as well so that will be even better.

## Part 2

KAUILA: I started receiving a message from the KOS as I was flying back from Kauai .. I had to fly through, first stop at Honolulu . So I was at the Honolulu Airport and started getting this message yesterday, August 17th at 17:08. Here is what he says.

August 17, 2009, 1708 HST

We welcome home all who journeyed together into the realms of next giant leap forward for this group called hue-manity. The body of this one is drained, somewhat, so we chose the time to send this part 1 of a two part message.

As we sit in the peaceful central of the Honolulu Airport , alone with the birds, a center of stillness in a large port of air. Such will very soon be a sight from your past. The hot air from the jets and planes and helicopter gyros is passing rapidly now. Grids of support, gone, grids of assumption, gone. My how the battery goes as well. Let us go find the holey spot! [this means, "electrical outlets"]

Back again, with this thing you call "power". Puny, compared to the light coming in since this Sunday. That

may seem an over-used term. We hear it often. Yet this weekend's plantings of seeds and beads of connecting necklace around this glorious planet. There are many hue-womans and hue-mans, you know, not all from this planet. Most are not.

The lid is off, the restrictions canceled. Now the REAL-ity is showing. And what a show this is and will become. We see a bowling game, with heads rolling down the lane. When they hit the king-pins, the stack is all tumbled over. We say this multi-D awakening show is right on cue, the shorts [meaning previews, like at the movies] have ended. Now the movie show unfolds in all it's glory. The truth-news comes, the fake-news fades out, with deep deep love, further development along those false lines are "arrested". Hmmm...have we heard that before? (asked with a cat-like grin).

My God where has all the news gone? Never was, never will be again. No support, no comfort for anyone out of their truth, whatever it may be. Passion lies not in lies, passion lies not in pretending to be what you are not. Passion is knowing what you are and being what you are. No less, lo less.

Cats chasing Foxes, all discarding Boxes, where is my access to what was before. No more, no more. Shock and awe for many, shock and awe. Terror feelings for a few, as they receive their comfort chance, and soothing as they can handle. We wish the best of love for all, no matter the reaction.

....continued...August 18, 2009, 1407 HST

Cracks in the "Arney". The "Arney" has resigned. What does this mean for you? The egg has cracked, the eggs have cracked. The hen that laid these eggs is gone.

As we can say, the Navy and the Marines and all the rest of this military-industrial-pharmaceutical-full-of-greed-ial-only-for-themselves-ial complex is in turmoil and folds forthwith. And we say that many many many from within these rotten eggs are the ones who have laid down their arms and joined the forces of Light. They should be thanked for sticking their hands in the rotten eggs and pulling the pieces out for all to smell and see. "Look what these eggs really are...not these clean white shells. Look what's really inside. Rotten, rotten, rotten. Do not eat these rotten eggs anymore."

We say to you as this new era has sprouted. Accept you your passions. Reject and release and remove all that attunes to fear of any kind, small or large or huge-oungous. A message steeped from fear has no flavor. A step taken from fear takes over the cliff. Time now to embrace the truth, and the truth has no thing with fear..

We say to you, we are here with you now, now, now. The sky is not falling, the small gods are not calling, the "right" way is not right, when the fear is there. Stop...Stopp...Stopp... As you stop the attunement with all fear-bases, you allow yourself to go home.

One last opportunity to correct the ship before the crash. One more opportunity to Love your Self and step forward with Peace.

We are here. We are near. We are visible to you now. Our new journey begins...right now.

MARK: Well thank you Kauila. We came to this point, we have been trying to paint a picture of what has happened. We don't expect everybody to understand how much of a shift this is and what a new space we are in just yet. Because there are still steps being taken behind the scenes before all the media erupts in truth speaking. Some of these steps are depositions of individuals named in testimony from Sibel Edmonds. It goes back before 9/11, through 9/11, then covering up 9/11. Which makes all those involved co-conspirators in war crimes which are not US crimes, these are crimes against humanity and require judgment and valuation and adjudication by the World Court .

The International World Court of Justice which is headed by as you recall, Lady Master Nada. Every bit of the evidence that has been accumulated over the last 4 years is now being collated. It has already been reviewed, but it is now being collated to make it up-to-date with the latest happenings. That message from the KOS could not be plainer. Anything based on fear that you read henceforth is not coming from truth. And if you listen to what the King said and this will be in the transcript of tonight's call. So it will be in print and you can read it again. This is as they say, it will take a little bit of seeping in and a little bit of seeing the truth in both the media and in actions being taken. Anything out there that speaks in fear tone and tells you to be very, very afraid of anything other than the truth is indeed wee-wee. To help us go into this, I would like to shift into another part of our program tonight. Beth, do you have the twin flame meditation with you?

BETH: Yes, I'm ready.

MARK: Okay. If you would like to maybe give a little bit of introduction first on why we are bringing forth this information on twin flames at this moment.

BETH: Many of you have heard us talking about the earth changes and part of what's happening as we move

into this new time where there will be arrests and announcements, and First Contact. Another thing we are working on that goes hand in hand with returning Earth back to how it should be is, for those who desire this, it is available now, we can join with our Twin Flames. I wrote this meditation two days ago and the purpose was to put it out on my website and have it available as an MP3. You can click on it and use it as much as you like. And it is designed to attune you to your Twin Flames. To take you into meditation in a relaxed state and see if using this meditation can bring you closer to having telepathic communication with your twin flame. And Kauila generously offered to add his music to it. We don't have that tonight. We haven't finished it. It's brand new. I just wrote it 2 days ago so I would like to share this with you now. As I was waiting, I had called several higher beings to join with us. I also called all of your Twin Flames of any who desired to participate that way. If you prefer to lie down or sit down, get comfortable, get some place where you can relax and be free without interruptions. There will be moments during the meditation where I take a pause and there won't be music, you won't hear anything, but it's just for you to come in harmony with your thoughts at that moment. There will be small breaks where you hear silence and I will begin again. Thank you for joining me in this meditation now.

Music Intro By Kauila: Some romantic soft music to attune people

Written by Beth

Greetings and Welcome to Guided Attunements

We have a unique opportunity to join with our Twin Flames now.

Are you ready to bring in excitement and passion for your Twin Flame? We move with the tide of new energy and start on the shores of new beginnings.

Now we may start with a deep breath in and good

And we release any sound you may be holding in your body

And take another deep breath and allow yourself to move into the music..

This is time you have taken to join again with your Twin Flame and make sure there are no distractions around you. Take another breath in....breath in deeply, exhaling fully..

Since this Guided Visualization is about new beginnings and Joining with our Twin Flame, let's start this by visualizing ourselves on a white sand beach.

Visualize yourself standing in the middle of the beach and stretching out as far as you can see is the bluest water you have ever experienced, turquoise and royal blue. Add to this a span of baby blue sky dotted with white morphing clouds. In the far distance mountain peaks are visible.

Go with the feeling of this, it may not be comfortable at first, ALLOW IT TO BECOME REALLY COMFORTABLE, FEELING REALLY WONDERFUL AND RENEWED.

Again give yourself a long deep breath as you Connect with the energy of Mother Earth, that warm supportive energy.... breathe it in from the bottom of your feet.... feel how supported you are let that energy shoot through the top of your head and anchor it into the center of the Milky Way. And you get a sense of being grounded and supported by Mother Earth as well as fully grounded multi-dimensionally through the heavens.

And if you envision yourself as a tree, the roots through the sand connecting you to Mother Earth and connect with Father Sky through its branches. Allow the sunlight to lift you. And breathe in this energy through your branches and allow both the energy of Mother Earth and Father Sky to join in your heart and you may put your hand on your heart and feeling the energy connect in your heart from Mother Earth and Father Sky.

Feel the golden droplet of love pulsing and sending a signal to our Divine Compliment. Take a deep breath and embrace Source Energy.

When you come together with your Twin Flame in consciousness, even before any kind of meeting where the twin is reflected to you in the physical, you begin creating a shared Twin Flame Heart.

This Twin Flame heart is a powerful tool for bringing the world back to Love. Anything or anyone placed in the Twin Flame Heart is brought right to God, and thus returned to Love.

Creator asks you to commit to coming together in consciousness to build this Twin Flame Heart together, before coming together in the physical.

This creates a firm foundation of Love for the relationship on the spiritual level.

Are there any sensations in your body where you feel any discomfort or blocks? Now release those blocks with a sound (haaaw). Wonderful! And now that you have moved to that inner environment you can feel the safety of this space creating a wonderful safe environment to explore your Twin Flame Love. Just breathe in that safety. Allow yourself to feel it. Moving from the top of your head, your crown chakra area, moving to your third eye forehead area, moving to your throat chakra and effortlessly moving to your heart area, and gently moving to your solar plexus chakra and now moving to the base of your spine at your root chakra. You feel this energetic flow moving through all of your energy centers and move through the essence of being held in safety. When was the last time you just allowed yourself to be held, to be cradled in love. And so for the next few minutes just allow that and experience being safe and being held and being loved.

music music music (some 10 seconds)

And as we feel surrounded by the energy of love and as we feel cradled and held in the arms of our Divine Compliment, Our Twin Flame, we know Love is the most powerful vibration. That in love all harmony exists. And the purity of love allows us to entwine with our Twin Flame and brings great love into our heart. Visualize yourself rocked in the womb of Divine Mother. Here you are able to see your Twin Flame More clearly.

You are able to recognize your Twin Flame and you are ready to transform to Unity in Love. Now just take a big breath in and out... haaaaaw. These feelings of love are from lifetimes together and the power of love brings us back together now. Take a few moments and go inward and ask your Twin Flame to deliver a message to you now. Identify the feeling transmitted to you by your Twin Flame. And I will give you a few minutes to do that.

music music music (for two minutes)

Now that you can see and feel your message from your Twin Flame ... what have you garnered today?

And now as you become clear in this message, give gratitude for the combining with your Twin Flame now. You can feel the your Angels, your Guides your Masters and the Creator walking with you two. Together you are supported and loved. There is so much happiness around you and you are ready to support the reunion with your Twin Flame. As you join together there is a knowing you will never be apart again. Now there is a knowing that love can transform every part of your life. Breathe the essence of this love in from the top of your head and feel it going into all your body parts, go in through the top of your head down your neck to your shoulders your arms your forearms your hands and fingertips going back up your arms to your chest area. Now breathe this love in through your chest area deep into your heart and down through the rest of your body, your organs, your stomach, your small intestines, your large intestine, your liver, bladder, your kidneys, all your reproductive organs.

Feel them being FILLED with love. Continue to allow the love to move down your legs, your knees ,your calves, into your feet, your toes, the bottom of your feet, up the back of your calves, to your thighs and buttocks area, to your spine, to your midback, your shoulder blades and to the top of your head where we started. You can trace and feel this beautiful love fill your entire body now. Focus this love in your brain area, filtering through your brain, filtering through any old belief systems you are ready to release.

Now we move the love from our physical to our emotional bodies. Now we move this energy from our minds to our hearts, allowing this energy of love to move down to our hearts to release any bitterness, resentment, guilt or unforgiving thoughts we have related to romantic love and just breathe this in and allow the Twin Flame love to melt away any essences of those energies....Wonderful!

And now we begin to move this love into our etheric body or aura, our spiritual essence, and we allow this love to clear any weaknesses around us and we send these weaknesses out and seal any tears or pinholes to rejuvenate this and strengthen it with pure love.. We feel all this love in all 4 of our bodies. We continue to pour the essence of love that fills us from our hearts and we send it outward and outward, entwining us with our Twin Flame and to all the Twin Flames around the World. We see an explosion of white light as the reunions continue and Twin Flames link together all over the World. This beautiful white light moves through us and around to others and it spreads over the Earth and it gets bigger and the light is soooo beautiful, all the colors of the rainbow are within it and you are immersed in this light, and though it is beautiful there is also a vulnerability about it, and you feel a lightness that you have never felt before. You feel the pulse from the pink platinum pyramid. This is all about transformation. You can see beautiful pink platinum pyramids all around you, surrounding you, inviting you to fully embrace your Twin Flame. You can feel a sensation pour out of your heart and through your whole body. This Oneness & Unity in Love is beautiful. And Oh My God, this Unity Love is for flying. So embrace the vulnerability of the air of the heavens around you and spread these wings and move into whatever new territories are in your heart. I will give you a couple of moments to embrace new wonderful unexplored territories of your love.

Kauila breaks into a small part of the Hawaiian wedding song in Hawaiian

Everyone has had the experience we call intuition. It is a knowingness of the heart that bypasses the mind. Meeting in consciousness is the awareness of your twin in spirit, in your heart, in knowingness.

The Twin Flame energy is so powerful that by focusing on your twin, calling him or her to you, and sending Love from deep in your heart, you can quickly move into a glorious relationship in consciousness.

Soon you will feel the Twin Flame Heart you are building together.

Then, by agreement, you will begin working together with your Twin Flame Heart to give Love, not only to each other, but to all life.

This returns you as a Twin Flame couple to the flow of Creation which is based on giving. What you give comes back to you, and your Twin Flame relationship will grow in amazing ways.

And as you embrace this return to Twin Flame Love, how amazing you are. You can soar on the wings of Love! You are a brilliant beautiful light and I thank you for all you are.

Namaste!

This is Beth Trutwin with Kauila. Please come visit me at [www.cosmicascension.com](http://www.cosmicascension.com) and Kauila at [www.letyourjoysshine.com](http://www.letyourjoysshine.com) and again we thank you for joining with your Twin Flame and with us now.

MARK: Thank you Beth. This meditation [is] for all those out there who want their Twin Flame. Even if they are in the best possible relationship. The Twin Flames of each person can now be present and they can add their energy through over lighting each of you and strengthening all positive relationships that exist at this time. If you are not in a relationship, then this can help you connect with your true Twin Flame. They will help you to take the next steps and begin to communicate with you telepathically. So that you can take your next steps together. And this sets you on the road and all of us on the road of no more separations EVER. From Self, from Twin Flame, from Source. It is the most precious gift which we have set aside in order to be here to go through all of the trials so the great reward for everyone can be achieved, not just a select few. This is forced upon no one. It has to be asked for and it has to be joined with. Whether it is on the physical or on the inner or however way is most appropriate. It will transform [interference].

Now we just went from the meditation. We have talked about the things that just happened this past weekend. We, as a matter of fact, we asked last night and were surprised to receive an unexpected gift ourselves. Just as this Twin Flame is spoken of, we have been getting indications that it was time to connect with our own Twin Flames. And last night, if Beth doesn't mind me saying so, I believe Mother Sekhmet helped us with this one. She may or may not admit that. She will use her Cheshire cat smile and just indulge us with that. Last night, we spent 4 hours on the phone. Beth with her Twin Flame and myself with my Twin Flame and spherically even in the same room. And some of the things that no one else knows, and you all know what those things are that are the high points of your life. Where you may have had intimation or an overwhelming feeling of yearning for that. We went back for some of those things in each of our lives and our counterpart, our Twins spoke of those times where they had got special dispensations to be with us. Carry us through to help sustain us through long periods of difficult ropes that we had to go through. Yet they were there the whole time and choosing the exact moment to bring that energy in. And as we reviewed so many of those situations, they knew exactly how that happened.... how that happened, the purpose of why it happened and the result of it.

So this is something that will become as these other things are taken care of in your life. You are going to find yourself, if you are like most of us, looking quantitatively at what you want in your future. We are not talking about material things. We are talking about qualities you want in your life. And we are all advised to give some thought to this because that is what will sustain you. Passion with motivation and with overwhelming gratitude and joy in the days to come as the new vision unfolds and the old vision begins to fade. The old vision is just that, it is a fading image on a screen and when the energies to sustain it are removed and it is happening as we speak. It will begin to have less and less charge until it has no charge.

And soon it will go beyond that to where the only thing you will be interested in is that which moves from within you and expresses through your own heart, your own desire, and your own yearnings. And you will find then that we will be having, first of course, the arrests that have to happen. Then after that happens, we can have decloakings. We will have something tell us about our mentors and advisers. And they will be coming when the ships actually land. So we have that to look forward to and the announcement of NESARA is one of those things that will come with the decloakings. So one may precede the other by a slight amount, but they are essentially simultaneous events. And when the landings happen which will be within 7-10 days according to information we've received after the announcement, then we will have our Twin Flames that have

not connected yet, be available on the ships to connect with us.

So this is going to be a very, very powerful time and it is going to be a constant reminder. Is this real? Is this going to disappear in the next 5 minutes? The answer will be NO. What will be disappearing is everything that is not that. Everything that is not joyful. Everything that is a fugitive or blameful will be leaving. So what do we have ahead?

Let's look at some of these things that we are talking about for instance, in a completely separate manner of verification of the events of this week that are coming. That we are in right now. Today, when we take the numbers in each phase date. Today is the 18 and that sums to a 9 and when you add that to the month which is an 8. 9 and 8 is 17 so 1 and 7 is 8 and then you add the year which is a 2 [and a 9] which is an 11 which is a 1 and a 1. And that comes out in total sum to a 1. Here I can just give you the number at the bottom what the total sum is. Today is a 1, yesterday is a 9 which is completion.

So we had completion yesterday when Kauila came back from Hawaii and the KOS met him in the airport in Honolulu and delivered that message and then the rest. Then today, he got the second part of that which is a new day, a beginning. Tomorrow is an 11 which is 2 ones. Again, if you just arrive, these ones it is an 11 and a powerful number no matter how you look at it. And Thursday will then be 3 ones 111 and then Friday becomes an 1111 and Saturday which is a 22 day is always a master number on all planes sums up to a 5 which is planetary and spiritual change. So we have 4 days in a row increasing numbers of ones culminating on Saturday in master numbers. 22 for the day and 11 for the year. Sandwiched between that is an 8 which is the Divine Mother and when you put them together it gets change. Change which is coming from the Divine Mother which is Mother Sekhmet and bordered by Masters. When you add the 2 master numbers of 22 and 11, you will see it comes to 33 which is the number of the Christ. And then that sums up to the 5 and then Sunday, which is a 23 and I will tell those of you who do not know numerology, 23 is the most powerful number for change in the universe. So when you see a number 23 day, you know that day is a very, very powerful energy for change and once again, it is still in the month of August and 8 will be in the middle. The 2 and 3 amount to a 5. So you have a 5 and 8 and still the whole year of 2009 is a master number 11 and that comes again to a total of 6. And then Monday will be a 7 and then we will be right back to where we were yesterday which is another way of talking about another full on of alchemical spiritual manifestation. But the 3 key days are Friday, Saturday and Sunday in my estimation. And this is strictly on numerology. Nothing channeled from anybody.. So that tells you that when systems confirm each other, that is suggestive that you have powerful things unfolding this week that are unprecedented. And we would invite you to consider that and to take that inside and to keep whatever you feel is appropriate for you and to just suspend belief or disbelief on the rest and allow.

Just allow it to happen and invite the positive to change into your life. You have to ask and you have to allow. And only be envisioning the part you want. Do not be envisioning what you do not want. Only think of what you do want. What you would absolutely be deviously having in your life and that is what is going to add to the sum total of what we are all of the consensus reality. The dowry, inviting, and allowing and embracing because as of this moment, we are on a new timeline and this will increasingly become a situation where no one else is telling us what to do. We are determining the positive direction for the new timeline that we will support. This is not against any one else. This is strictly what we..... Don't tell me what you are against in other words, tell me what you are for. And phrase it in positive terms, not negative terms. Abundance, good health, Twin Flames, a clean planet with clean water, clean air to breathe. The right kind of medical care that will restore you completely and not debilitate you or dumb you down. These are the kinds of things that many of us have said. A matter of fact, the KOS, St. Germain and also Metatron have said that 51% is the tipping point. And when 51% want a positive thing to happen, it must come into and become a part of the reality. It is absolute universal law. This is what has been happening this weekend. That tipping point was reached and the foundations were put into place. You were part of that. Every decision you have made. Every decision that we make. Every thought, every feeling we have.

And we can all see where some of them might be willing to release as more [better] things happen and therefore be happier and think more positive thoughts about our future. There will be no reason to be fearful of any kind of anything because infinite love is now a part of what is infusing and defusing from the Golden Crystal to that drop of golden seed packets that we each now have over our left breast just above our heart. That is being directly influenced by the Great Central Sun, Alcyone. And from the Golden Crystal which is the Source crystal now embedded in the matrix of the Earth's grid. Platinum and gold grids are activated throughout the planet and around the planet and above the planet. The firmament is set within the planet. The new firmament, 5th dimensional firmament. It will begin to be seen in colors above the surface as well. So it is both within the planet and outside the planet.

So everything can be united. All the Twin Flames, all the Twin Hearts, the Lemurian male and female balance

has been achieved this past weekend from Machu Picchu. We connected in with the solar disk there. The Atlantean Solar Disk and this then was the last step there to beam that to the Lemurian which was on Kauai with Kauila. And this has also been connected by Beth, Madame X, myself and any of the others that joined us in the heart of the planet. From the center of the United States where we were holding that energy in a heart form. So that is done too and this is no longer theory and is no longer something coming. It is something that is here and that has been plugged in at the critical point.

We asked the Creator to then activate the massive clearing and rebalancing [and confirmed it] had happened. And then to imprint the new holographic master matrix of all with this new balance into this heart fed, infinite heart destined, into this heart filled matrix and it was done. Nothing can stop that. Nothing can keep it from out picturing for everyone who chooses and asks. And they are already accepted, but you have to ask. You do not have to worry, will this, will that, or the other. If you ask and allow, you will be put on your highest path and be given every single help that's possible. Because when the ships land, every single one, and there will be trillions of ships... not one, not two, not foggy ones that you can't see. There will be trillions of ships in our skies and they will be landing in different ways all around the planet. And when that day [comes], there will be offloading of equipment to cleanup our atmosphere and all these other things that we've talked about for so long. And to help set in place the new infrastructures, which it will be amazing how fast this goes into being. Every one has a mission and that is ALL of us. Every single one if you are listening to this call has a mission and everyone is being upgraded to that as rapidly as we can open and sustain and maintain it. No one will mimic you anymore. You will be the only one to decide how your progress will go. As you decide it, open to it and allow it, you will be taken step by step so fast, [but] no faster than you can absorb, maintain and embrace. So this is the main announcement that we wanted to make tonight and I think we still have a little time for questions.