

## 144,000: 18 –New Haven of Healing

Many times, our dreams prepare us for our upcoming new steps in healing our soul and in birthing new I Am healing talents. That is why it is so important to pay attention to our dreams, visions and inner sensings; and to write them down so that we have a record of them. This is part of our rightful and balanced focus on our three graces of wisdom, judgment and justice, which together-as-one express in and through our third or all-seeing eye, manifesting physically as our pituitary gland in the center of our head. We "see" our dreams via our third eye mirror or screen, and their input gets programmed into our pituitary gland, whose nine major hormones regulate most of our other endocrine glands.

On January 8, 2009, I dreamt that my spiritual teacher took me in my light form to the state of Vermont in the United States. I hovered hundreds of feet above what looked like the southern part of the state. Everywhere I looked was greenery: trees, shrubs, meadows, grasses, bushes. No houses, other buildings or roads were anywhere in sight, but rather the whole region looked like a garden paradise. The only structure in sight was a gleaming white culvert or pipe that seemed to be composed of white marble that was maybe a foot thick. The tube was about six feet in diameter and maybe 12-15 feet long, with dilation at one end where another white marble tube could be connected and fitted to it. And that was the end of the dream.

In light of my recent experience of Sananda-Jesus leading me to the heavenly Green Garden of Grace, I see now that this dream was laying the groundwork for me to be ready to have this experience. *Vermont* means "Green Mountain." The green trees, plants and grasses add to the green theme of healing and of the green color of wisdom-judgment-justice. Green refers especially to balancing our soul record of this and past lives. The green vegetation represents the pure, unspoiled, yet undeveloped healing talents we have in I Am consciousness.

The white marble conduit or culvert refers in part to the Book of Revelation 2:17, where John recorded, "To each one who is victorious I will give a new name engraved on a white stone." The marble stone is also a symbol of the rock of faith. Finally, white is the color of the power of love, which serves as a mantle of protection in anchoring and birthing our light body on Earth.

Over the last three months, I worked many times in my meditations with the image of the white pipe or conduit being around me in a vertical position, such that its walls were a couple feet away from my physical body and encompassed and protected my auric field. The top of the conduit was open, where my light body and the light body of those teachers in the higher realms could descend into and flow through my force field. The message was clear: I was to be a loving, protected, clear conduit for channeling healing, harmony, balance, wisdom, judgment and justice onto the Earth. The white and green colors also represented the balanced pairing of the powers of love and wisdom-judgment-justice.

This inflow of Christ love and wisdom was to supplant my/our past errors in this northeast region of the United States, which represents the New JerUSAlem. I had grown up in Dansville (the name *Dan* means "judgment"), New York, south of Rochester, NY, where I went to college, and not far from Syracuse, NY, where I went to medical school. Southern Vermont is more or less equidistant from Dansville and New York City/Long Island, where in Atlantis I had trained in the Earth Temple under my master teacher Sol-O-Man, who in that lifetime was known as Zolanda. According to Nada-Yolanda's intunements, millions of years ago, this whole upstate New York and Vermont region, extending up into Canada, was a semi-tropical area like the proverbial

Garden of Den. It was spoiled by the misuse of spiritual powers by the sons and daughters of God. What a history!

However, the past is the past. Now we begin anew in I Am consciousness to bring forth a new heavenly haven of healing, wholeness and love on Earth.

**Visualization:** Surround yourself in a vertical, marble-like, white cylinder or conduit or pipe that totally protects your four lower bodies: mental, emotional, astral and physical. The wall of the pipe is about 2-3 feet away from your physical body. The top of the pipe is widened to make a fitting. This is the docking station for your light body, which you envision descending upon you, flowing down the tube, and into, through and around your four lower bodies.

When you feel secure in its presence, envision green light coming down from above, emanating from the etheric Garden of Green Grace that you have visited in prior meditations. Sense this green healing energy, this green glow of wisdom and good judgment entering into your crown chakra and cerebrum, particularly into the throne of wisdom-judgment-justice there. From this throne, the green light shines down into your third eye and pituitary gland, which radiates and transfers it into each of your other centers and glands: throat/thyroid, heart/thymus, solar plexus/pancreas, regenerative/testes or ovaries; and sacral/adrenals.

Feeling balanced, centered, harmonious and healed, let the green light flow down and out your feet into the floor and earth below you. It also radiates out through the walls of the white tube and into everything around you. Heavenly healing now flows from above to below, from within to without. In this Easter cycle of renewal and resurrection, the Garden of Green Grace is now seeded and reborn on Earth. For this, give thanks unto Spirit. Amen.