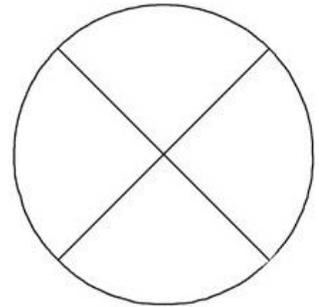


## **Costa Rican Mission: 7 – Keep the Ball Rolling**

After asking Spirit for Its orders at the start of my morning meditation on November 17 at El Silencio, my inner vision filled with a brilliant deep green light. Adjusting to and incorporating this healing, integrating, unifying energy, I came into communion with Hilarion, Fifth Ray Chohan and etheric director of Healing Haven.

He gave me a new image of the sun cross, which had been rotated 45 degrees to the right, and said: “Keep the ball rolling.” In working with the 4-step matrix of peace, love, cooperation and coordination, we focus first on peace. No matter what the disease, disharmony or disagreement, we first center on the indwelling Christ within us until we are at peace. Once this is felt and established, the sun cross that we are rolls forward or to the right, and we automatically move into the second step of love. Peace is more so a centering device, out of which we feel inspired and empowered to put our love into action.



Yesterday, I had concentrated mostly on Central America. Now, Hilarion projected love and healing through me northwest to Mexico with its drug wars and numerous other problems. From there, the next focus was northeast to Cuba, where Fidel Castro has tried to foment socialist/communist revolution throughout Central and South America. Transmuting, healing, harmonizing light projections then radiated southeast to Venezuela, where President Hugo Chavez is a proponent of Castro’s policies. Finally, peering to the southwest, loving energies flowed to Columbia with its drug cartels. Whatever the problem in these countries, love is the key to its healing. Love keeps the ball rolling to cooperation that flows into coordination.



At breakfast, instructions suddenly flashed within me: Offer MariLyn the position of Co-Director with you of Healing Haven. This came with such power that I almost shared it immediately, but then resolved to seek further input from Hilarion, who had proposed it.

Reflecting on this all morning, it made perfect sense. MariLyn had been a devoted Unity student since 1988, and had served 3 terms on the board of directors of the Unity Church in Woodbury (suburb of St. Paul), Minnesota. She

had become a massage therapist in 1996 and had her office at the church. We first met in 2001, and in 2004 she came to Tennessee to serve Hilarion with me. In all this time, she had demonstrated her own soul and physical healing. At a whole new octave since being in Costa Rica, we had functioned as a co-receiving team under Hilarion.

At lunch, Hilarion strongly nudged me again, insisting that I make the offer now. When I did, MariLyn felt honored and humbled, and wisely said she would ponder it deeply in her heart. (After returning to Tennessee, she accepted and committed herself to this new responsibility.)

In the afternoon, we had a tandem massage at the spa's Conical Room. We were struck by a statute of the Buddha on its floor, particularly the green robe that had pink flowers on it. Green is my favorite color, since it represents healing. Pink is MariLyn's core color, because of her affiliation with the Third Ray of Personal Love and Devotion, whose color is pink.



Before our 90-minute treatment began, I asked Spirit for healing of my right shoulder, which had been mildly inflamed (neuritis and possibly bursitis) for much of the year. This reflected my challenge in applying the new spiritual powers that had been introduced to me. Was I receiving rightly? Was I radiating the highest possible healing vibrations? What if I failed as I had in past lives in utilizing these I Am talents for the healing of humanity? Here I was in Costa Rica to bring about healing, harmonization and integration. Still, as always, this necessarily started with me: Physician, heal thyself.

Halfway through the massage, while lying on my back, Sananda overshadowed me in his aspect as Gautama the Buddha. He lifted my open right hand such that it faced palm forward,



and projected stabilizing healing energies through it to the room and the whole region. Then he bathed my shoulder and arm in a lemon-yellow light, the color of the power of strength-stability that manifests via the nerves. I was to stay the course, to keep the faith, to consistently and courageously apply the Middle Way of peace, love, cooperation and coordination. Steady as she goes!

Afterwards, I went online and looked up the hand position, which I recognized partly as a Buddhist mudra. The upward, front-pointing, open hand is an ancient symbol that conveys peace, blessing and goodwill, since it has no weapon in it and is not balled in a fist to fight. Buddhists call it the Abhaya Mudra, with *abhaya* meaning "fearlessness." When one of Buddha's disciples had become jealous and attempted to assassinate him by releasing a rampaging elephant that charged him, Buddha stood his ground and raised his hand in the abhaya mudra. The elephant stopped in its tracks, became peaceful and befriended him.

Marilyn had a hot stone massage, which is her specialty as a massage therapist. She, too, felt Sananda-Gautama's peaceful presence and loving vibration. She also experienced a strong merging and oneness with the stones, via which she unified with the devic and elemental kingdoms. As Jesus had said, if people do not respond to my words, the rocks will cry out.

That night at our regular weekly 8 PM Hierarchal Board Meditation, we linked strongly with Phillel in Tennessee and the masters in the higher planes. I was lifted up in my light body through my open crown chakra, and from high above the planet strongly and steadfastly radiated the four step matrix in all directions. MariLyn had a similar expansion of consciousness and projection of peace and love to one and all, including the lower kingdoms.