

## **Costa Rican Mission: 8 – Let the Boulder off your Shoulder**

**At 5 AM on November 18 at El Silencio, I dreamt** that I was in a country like Costa Rica and was returning home along a circular path. On the way, a lady healer who dabbled in herbs, nutrients and psychic intunement asked me to transfer my spiritual healing talents to her so that she could become a famous healer. I said she would have to humble herself and to work for this just as I had; displeased and disappointed, she left. Most other people I saw hardly noticed or cared about me, like I didn't exist. Almost home, I powerfully swam upstream in a river, doggedly determined to reach my destination, regardless of what others thought or did.

I awoke feeling disjointed, disturbed and dismayed; like I was a stranger in a strange land. This was the reaction to the higher light that had been projected through MariLyn and me since being in Costa Rica. My angst came partly from my own subconscious fears and feelings of not being love, but mostly it originated from those in mass consciousness on Earth and in the lower astral planes. In time, I settled down, re-centered myself, and steadfastly sent out peace and love, healing and harmony. My principal focus was all of those places in South America that I had visited in dreams over the last three years: Peru; the Amazon Rainforest; Sao Paulo (St. Paul), Brazil; and Buenos Aires (good air), Argentina. Might MariLyn and I visit them in years to come?



While doing this, my right shoulder began to hurt more than it had in months. “What in the world is this,” I complained. Had not my arm been healed in the prior day's communion with Sananda-Buddha, in which he had wrapped my arm in strengthening, stabilizing yellow light? Peering inwardly, I saw a huge round boulder sitting atop my shoulder. Hilarion as Plato communed with me and conveyed that this seemingly crushing stone was like the one that Sisyphus had shouldered.

In ancient Greece, Sisyphus was the craftiest man in the land, able even to outwit some of the Greek gods. However, when he tried to outthink and outdo Zeus, the king of the Gods, Zeus punished him for his hubris and intellectual arrogance, and sentenced him to carry/roll a rock/boulder up a high hill, only to have it roll back down again. Every day, eternally, this was the lot of Sisyphus.

On one level, this Sisyphean tragedy portrays mankind's ancient fall from grace, from the fourth dimension into the third. Since then, man has been trying to lift himself and all humanity back into spiritual, I Am consciousness; only to fail time and again, as in Lemuria and Atlantis. As a result, light workers have a deep subconscious fear of failure that they carry on their shoulders, which is layered over and compounds their soul arrogance and selfishness. Will we repeat past mistakes and fail again? Do we have the spiritual strength and power to succeed this time?

Moreover, Sisyphus' approach and dilemma is emblematic of the prevailing mortal Western mind, in which conventional healers, scientists, politicians and others focus primarily on their intellectual, conscious, competitive mind; thinking that they of themselves can think through and

solve any problem or heal any difficulty. Rather than work with nature, they try to supersede and dominant it. Rather than humble themselves before Spirit and ask for forgiveness, they think that they can beat Zeus at his own game. Sure, they have pluck, verve and confidence, but it is misbegotten and misplaced. Every day they get up and do the same old thing that never has worked before. Time and again, in mortal consciousness, they suffer, sin (make mistakes) and blame God for their own selfishness, self-interest, self-centeredness and self-power.

The key to our re-spiritualization is that we of ourselves can do little or nothing, but Spirit does and heals all things through us. Moreover, heaping guilt and shame on our shoulders only compounds our arrogance and past mistakes. Sure, we have failed time and again, and therefore are wise to be rightly concerned and afraid. If not, we would be as stupid as Sisyphus to keep doing the same old things that will lead to our and the planet's destruction. We are the ones who created the problems in the past, so we now have the power to re-create and heal them; to rethink them and re-infuse them with love and compassion; to have Spirit do everything through us as children of a loving, forgiving God. Did not Jesus say, Come unto me all who are heavy laden and I will give you peace (and then love, cooperation and coordination)? Did he not teach us as prodigal sons/daughters to repent and return unto our Father-Mother Creator?

After pondering all of this and crying profusely, I issued my new healing decrees for myself and as a representative for all healers and all humanity, particularly in the Western Hemisphere: "Boulder of blame, I let you roll off of my shoulder. I am forgiven even as I forgive. I am a ball of Christ light, filled with peace and love, cooperation and coordination. My Father and I now keep this Christ ball rolling, which this time will heal humanity. One with the One, forward we go!"

Given this and my other contacts with Hilarion the previous day, you can imagine MariLyn's and my near incredulity at breakfast when we read Phillel's latest email. The prior night, he had received a message from Hilarion who explained how transmutation (cleansing) overlaps with healing. Twice he spoke of MariLyn and me as his "designated Healing Haven team," which partly confirmed my guidance about MariLyn being Co-Director of Healing Haven. He also said that he had been the one who personally had directed us to come to Costa Rica, which verified our original guidance about this, mine in a dream and hers via intuitive inspiration.



Hilarion went on to channel: "Transmutation balanced precisely with healing [is] called for now in order to breathe the divine will of Christ life into the auric atmosphere of this Western Hemisphere. By your conscious acceptance and action, as a sampling of Western symbolism, you gingerly plant these decrees and higher energies into the mass subconscious mind, the race subconsciousness – which means the astral or soul levels, also – whereby they inexorably make their way into externalization also in the Eastern Hemisphere. As previously stated, it is a planetwide operation. As a result, the Earth begins a new stage of healing, synthesis, unity and integration."

MariLyn and I also were struck by Hilarion's discussion of his lifetime as Paul the Apostle: "I had no airs, for I had been ably humbled before the presence of the Lord. I became the little one in Christ [the name Paul means "made little or small"]. In this meekness I commanded great strength, not my own as a mortal but the divine vitality and authority that issue from the cosmic I Am." This description resonated with, and repeated, Sananda-Buddha's implantation of the yellow light of strength in and around my shoulder and arm. It also applied directly to MariLyn's dream and Sananda's instructions about being meek.



After breakfast, we traveled 2 hours northwest to Arenal Volcano. Costa Rica has about 70 volcanoes, 10 of which are active, with Arenal being the most active. Our driver, Jimmy Gomez, age 30, was a total delight and loved practicing English with us. Our guide Roy was of Jamaican descent, having grown up on the east coast of Costa Rica. About 1% of Costa Ricans are of African heritage. When I asked Roy about race relations, he said that much had improved in the last 30 years, but pockets of prejudice remained.

On the way home, we had lunch and soaked in the hot springs at the Tabacon Spa Thermal Resort. Shopping at its store, I was astounded to find a purse with a sun cross on it, in green (healing) and violet (transmutation) no less! (The dark violet is hard to see in the photo below; it is in the upper left quadrant of the sun cross and the lower right corner of the purse.) Prior to our visit to Costa Rica, I had dreamt three times that I had lost my wallet with my money, credit cards and driver's license. A purse or wallet represents one's personal identity. Losing it in a dream symbolizes the letting go of one's mortality, prior to spiritual renewal and rebirth.



Before coming to Costa Rica, MariLyn and I did not even know what a sun cross was and certainly never had seen a purse with such a symbol on it. We could only marvel, therefore, how Spirit had guided us to find this incredible representation of our new identity in I Am consciousness as a Healing Haven team of co-receivers and co-directors. We purchased it and put in it some stones, shells, cards and other mementoes that we had gathered throughout our stay here; and added more items later.

After returning to El Silencio, we gave deep thanks unto our Father-Mother God, whose abiding goodness, abundance and mercy once again had "blown our minds" and filled our hearts with joy divine. No boulders were on our shoulders, but rather our past burdens had been transmuted into blessings. So may it be for one and all. Amen.