

Conscious Human Evolution is occurring faster each day. Our vibrations are shifting constantly, causing us to question the widely accepted values we previously held as truth and allowing us to embrace new, more enlightened ones. The Ascension process of the Earth and its inhabitants has already occurred and we are gracefully transitioning into the Fifth dimension and higher. Everything is vibration that changes constantly. We must diligently keep up with the changes.

**LIFE IS GOOD, ALL IS WELL - Everything is Vibration**

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The background of the entire page is a vibrant blue sky. A bright sun is positioned on the right side, slightly above the center, creating a starburst effect with rays of light. Below the sun, there are soft, white, fluffy clouds that appear to be floating in the sky. The overall atmosphere is bright and serene.

*Life is  
Good,  
All is  
Well*

**EVERYTHING IS VIBRATION**

**Wendy Ann Zellea**

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## You're a Star

Enough of Darwin and Newton, we must relinquish their theories and reach out into the unknown for new truths. The Origin of Species was published in 1859, about the same time the cutting edge theory that physicians, who had been working on cadavers, should wash their hands before delivering babies was presented by the Viennese physician Ignaz Semmelweis. For his contribution to medicine, he was later declared insane for his ideas and committed to a mental asylum where he died. We are grateful to these men for the giant steps they took in their time, but now we are embarking upon the Quantum Age and we require new ideas and beliefs to move us forward into the higher dimensions that we are rapidly approaching. As we now know, our reality is based on our beliefs, therefore it is extremely important that we make sure our beliefs are truly *our* beliefs and that they are updated on a regular basis, just like the browser on your computer.

Charles and Isaac were great men back then, but this is our time. One misconception that most humans, currently living on Earth, hold is that we are the most advanced civilization ever to exist on Earth and, for some, in the entire universe. No, I'm not kidding, there are many who actually believe this. Advanced is a relative word, the atomic bomb is an advanced weapon, but if we had an advanced society we wouldn't need sophisticated weaponry. No, an advanced culture would be more along the lines of a society where all basic needs were provided freely, everyone lived in a state of moderation, well-being was the norm and respect prevailed. I would say that the human race has

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made baby steps in the right directions, but still has a very long way to go. On the bright side, our progress has sped up exponentially in the last few decades, due to easily accessible global communication; therefore, we will most likely see many drastic changes in the very near future.

The idea that we evolved from the apes, which Mr. Darwin proposed, was logical based on the data available at the time, but there were other factors that were never, and still have not been, considered. Firstly, we do not live just once and then go reside in Heaven, or Hell as the case may be, for all eternity. This is a myth, as valid as the Greek myths of Mt. Olympus and Hades. Even today, what we believe about the time before our birth and what happens after we die, or even if we are supposed to die, is only based on what we have been taught by the religious and scientific schools of the day, but scientific and religious beliefs change, and at a snail's pace. They are not absolute. Many Gods become one God over time and new theories invalidate the old ones.

In the current, cutting edge scientific thought of today, it is becoming accepted by those who are willing to step outside of the proverbial box that contrary to Darwin's almost universally accepted Theory of Evolution, we are not slaves to our DNA structure. In fact we can alter our DNA by changing our beliefs. The science of Epigenetics has determined that the cell wall is the actual brain of the cell and it responds to the electromagnetic signals, based on our thoughts and input from our environment that it receives through receptors.

Newtonian physics is based on duality, but we have now promoted ourselves into the realm of Quantum

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Physics where much more is possible. Keep in mind, however, that our belief systems may also one day be studied in a Mythology class at some University for credit towards a degree.

Most of us have lived many lives. Some can even remember them and know how they are affected in this lifetime by those past incarnations. I recall living in the same place on earth that I live now, Hackensack, NJ, but in a different time. Therefore, if I resided here in a different lifetime as a Native American, how can I determine who are my ancestors? I have many and they might have been scattered all over the planet, in other galaxies or even in other dimensions.

In addition, and this is the big one, we are not the first civilization to exist on earth. There have been others that have come and gone, some with ends that could have been better, but the origin of our species is not a protozoa or an amoeba; it is much grander, no offense given to the one-celled. We were brought here to our planet from the far reaches of the Universe. We have ancestors on many Star systems and galaxies and the beings who are our true cousins and relatives remember us and watch over us. They are here among us and eventually we will be united with them. The powers that be do not want us to know this so they try, with all their might, to make us fear anything or anyone originating from places other than Earth.

There are more and more people channeling beings from other dimensions and star systems, using their natural telepathic abilities to connect with those who have been waiting for us to reach a higher vibration that will allow us to communicate with our distant neighbors. Those who *seeded* us here long ago are more advanced than we can ever remember being.

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They built massive structures with mathematical accuracy which cannot be duplicated by modern day engineers. They developed crystal generators capable of producing more clean energy than we can even dream of creating with our current, feeble fossil fuel generating stations and atomic reactors. Think of what they accomplished, being able to travel from planet to planet, even through solar systems and dimensions. Compare this to how far we, as a civilization, are from being able to accomplish such feats. There are kind and loving beings in the universe and we can learn from them, but we must change our beliefs and learn to accept what life really is, instead of focusing only on the materialist existence we have right now. You are a star, you came from the stars and when you rise above the dense thought patterns that have been inflicted upon you, only then will you rise like a star in the sky and shine your light so that others can see that there is a light.

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## You Are Your Own Spiritual Teacher

Those of us who have embarked on a spiritual journey have, more often than not, had teachers, taken classes, gone to seminars and learned many techniques that have been helpful in facilitating our participation in Conscious Human Evolution. Humanity is approaching the end of the linear, dualistic Third Dimensional era in which it has existed and is transforming into the Crystalline Era of its development. It is an exciting, wonderful time for those of us who are aware of what is happening on Earth and consciously striving for a graceful transition into the higher realms.

What this means is that everything is changing very rapidly. The Earth, our bodies and minds are adapting to the next phase of human development. Whether or not you choose to participate is irrelevant, because there is no choice. Eventually you must experience the transition, transmutation and transformation of life moving into a Fifth Dimensional consciousness.

There are no guidebooks or manuals and there is no one who can tell you how to make the journey, which is the beauty of the rite of passage. There are no traditions or handed down ceremonies, each one of us must learn what steps to take on our own. We are our own spiritual teachers, floating on an iceberg that broke from the glacier, stranded on a desert island in the middle of the ocean and wandering in an infinite wilderness without a compass.

However, all is not lost, in fact we are less alone than when we had teachers and gurus telling us what to believe and how to proceed. They are only sharing what they have learned on their path, but that path is

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not ours. They do not know what is best for you or me and, in spite of their loving intentions, they are keeping you from finding your own journey and that is something we all must do. There is only one way for each of us to get off the iceberg, away from the island and out of the wilderness and the only being that knows that path is YOU. Your Higher Self, which is connected to the Infinite Source of Everything, knows how to proceed, how to find answers to the unanswerable, how to find your way when impossibly lost and how to move from hopelessness to bliss.

With that said, it might be prudent to start listening to the guidance that is your birthright and the way to do this is to stop listening to everything else. I am not suggesting that you turn your back on the world, but understand that you will not gain wisdom from the goings on of others. This will only occur when you quiet your mind and listen to your Self. There is a dialogue going on between your Higher Self and what you call YOU, the self that has been created from the time you incarnated into this lifetime. Everything that is happening right now in your life has a message for you, a lesson to show you whether you are making favorable decisions or those that will cause you to encounter resistance.

What you can learn from others are tools to make your journey easier. Whether it be mediation, Yoga, Reiki, dowsing, Platonic Solids or working with crystals and angels, to name a few, and there are many more, if you feel drawn to learning or participating in one of these areas, it is meant for you to make the process easier.

I have noticed, in my pursuits of gaining knowledge from others is that we tend to look for someone to do

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the job for us. This can no longer occur. There is no New Age pill that you can take and all of a sudden you are in Nirvana. It is a process and you are your own Spiritual Teacher, no one else's, and no one else is your teacher when it comes to your own spiritual growth. If you follow someone else, you will find that you have to find your way back on your own and end up where you started off, not much farther. So stop for a moment and begin a dialogue with yourself and keep it going forever and you will find that all the answers to all your questions are there for you and always have been. Then you will truly know that life is good, and all is well.

*Your thoughts become a tangled ball of yarn, throughout your life, until you gain awareness. Then, thread-by-thread, carefully and patiently you begin to untangle the threads and weave them into a beautiful scarf, which will keep you warm and comfortable and make your life better. Be Of Good Cheer...*

*Martin Zellea - 1922-2008*

I did what I did  
To find my way  
So I could become  
Who I am today.

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