

Amma - Teleseminar
Channeled by Cathy Chapman
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Hello. It is so wonderful, wonderful, wonderful to be here with you. I have great Joy when I am with you in this way in this gathering. You may wonder why it is that I have such great Joy when you are all together. It is because at one time all of you are focused in a loving way on the aspect of Love. You may think that aspect of Love is Myself, but it is not. That aspect of Love is yourself. You are now in your Heart Source. Those who've been getting into their Heart Source for months and months did so very quickly. Others who are new at it are kind of wondering: Am I there? Am I in my Heart Source? We will help you to be there in your Heart Source.

Your Heart Source is very important to you. Your Heart Source will keep you centered. It will keep you grounded. And it will keep you expanded so that you can bring in all of the wonderful information that is coming into this tremendous planet of yours. All of you here on this call are Lightworkers. None of you would be on this call if you were not Lightworkers. It is only those who have been attracted to this energy that are here on this call and doing this work. Some of you are doing the work in my e-mail course or other things that I teach. Others of you not only follow what I teach but you investigate what others teach as well. As long as you are working on expanding your knowledge of who you are as Love Incarnate, you are doing a wonderful job. You are doing what you came here to do.

So many things have changed since the 1980's. Most of you would have left the planet around the year 2000. You have changed that to now ushering in the Ascension process for this wonderful planet and for yourself. Every time you listen to what I have to say and implement it, every time you listen to another teacher of the Light and implement what they say, you are actively participating in raising the vibration of the planet. Every little thing you do – and when I say every little thing, I mean every time you feel appreciation for something within your life whether that something could be judged positive or negative, that raises the vibration of the planet. Every time you make a choice to respond in Love from the place you are as Love Incarnate to another as Love Incarnate, when you make the choice to respond rather than react when it could be painful, you have participated in raising the vibration of the planet.

What you do in your life - every little thing, every big thing, every medium-size thing – the way you live your life is crucial to raising the vibration of the planet. You may wonder if you are responsible for the Ascension or non-ascension of this planet. No, dear Ones, you are not responsible for that. You are only responsible for yourself. I just wanted you to know the ripple effect that occurs with every action and every word.

We on the other side of the veil look with Joy at how you are gathering wisdom and knowledge about who it is you are. You are Love Incarnate. When you are in your Heart Source - when you are firmly there in the front and back of your heart center and the front

and back of your third eye, and you have those two energies connected with that beam of light and then you are connected to Source and to this wonderful planet of yours – you know you are Love Incarnate. If you doubt you're Love Incarnate, check those connections because then you are not totally within your Heart Source. You can be in your Heart Source in one area but not in another. There are seven connections and any one of those could be slightly off. For instance, all connections could be complete but not the back of your heart center. That's why in my e-mail course, I have you ask if you are fully in your Heart Source. Does it need any adjusting? If so, ask for that adjustment. You will be guided intuitively. Some may have the experience of hearing words but often it's just a knowing as you scan yourself and go deeper within.

The more you are able to do this, the more you are able to live in this state and the more you are able to remember that you are Love Incarnate and to act and respond with the Love that you are. There is nothing else that you are other than Love. You may think you're something else but that is a fallacy. You are Love. When you respond in a way that is not Love, it is not that you are not Love but that you have forgotten that you are Love.

You came here to this amazing planet in this amazing dimension with all the emotion that is here to experience an aspect of life. Some of you came to experience what it was like to struggle in a family that didn't seem to love each other. Others came to struggle with poverty. Others came to struggle with great wealth and bringing in spirituality at the same time. Still others came to struggle with what they call their faults and failings. All of you have something you are experiencing, that you are learning. This earthly realm is a very harsh, yet loving, research laboratory.

You were Love before you incarnated. And you are now Love Incarnate. You were created from the essence of Love from my Being of Love, from the Being of Abba as Love. You were created from what is called in Jewish mysticism the Ain Soph – the Nothingness which is full of Love.

As the new energies are coming in, they are surfacing within you the low vibration energies which have been buried. The reason they have been buried is that very few people upon this planet have been taught how to release low vibration energy. You've been taught to express it and you've been taught to suppress it. But few of you have been taught to release it.

You do not have to be in your Heart Source to do this process but it is much easier if you are. I'm going to take you through a very simple process that this one uses in her psychotherapy practice with clients. As I take you through it, I want you to do it at the same time.

First of all, check to be sure you are in your Heart Source. Again, go deeply into the front of your heart center, deeply into the back of your heart center, deeply into the front of your third eye, deeply into the back of your third eye. Connect your heart center and third eye with a beam of light energy. Move the beam upward to the center of the

Universe, and then down into the center of the Earth. When you are in this space as we do this exercise, it keeps you out of judgment.

Bring to mind a feeling of low vibration you've had recently. It could be anger, sadness, jealousy, envy, even despair. It doesn't matter what the feeling is. Ask that feeling to come to you. For instance, if the feeling is anger, just say, "I'd like to talk to the anger that is within my body." Let it come. Those of you who are good at feeling energy will feel it come up in you. It comes to the service. Wherever it is, focus on it. It could be in your stomach, your heart area, your solar plexus, your knee – it doesn't matter where it is. When it seems like it's all over you, look for the core of it. Where is it strongest?

Focusing on that energy, ask what it's about – anger about what? Listen carefully within you. Take the first word that pops into your head. Do not censor it. It's the first word that's most important. You may be surprised at what comes. If you need to ask another question of that emotion, ask it. Let's say it was anger about not being understood. You could ask, "Understood about what?" If it's sadness about loss, ask which loss.

If you don't hear or feel or sense anything, don't worry. This just gives you other information. I'm going to teach you other things you can do whether or not you are able to gather information. It just helps you to know.

Now I'll have you ask another question that may be strange. Whatever the emotion is, ask whose emotion it is. You may hear another name. Many times people carry an emotion that is someone else's. Let's say, for instance, when you were three years old and you decided to investigate what it was like to crack eggs on the kitchen floor and sprinkle Hershey's chocolate on it. Then you wanted to see how that was with a little milk mixed into it, which just happened to be there from breakfast. And in walks your mom or your dad. They're in a hurry to leave and they're not too happy to see this chocolate/egg/milk mess. They might yell or scream or holler. They might spank you. Their anger could have been projected onto you and now resides within you. That is true for sadness. That is true for jealousy. That is true for any emotion. Someone else's emotion can be projected onto you, even now as adults.

If you received information that the emotion was not yours but belonged to someone else, I want you to say this: "You are not mine. You do not belong to me. I will not carry you anymore. Leave now." Take a deep breath. Wherever the energy of that emotion is within your body, imagine blowing that energy out of your body – like it's a cloud and you're behind it blowing it out. Do that now. Do that as many times as you need to.

If the emotion is yours – it's your anger, your sadness, your fear, your shame, you can gather your information. You don't need to have information but sometimes people need to know. Then you say: "Thank you for the information. I do not need you anymore. You have given me what I need to know. You may leave now." Take a deep breath and breathe it out of your body.

This particular step is wonderful for those of you who might feel the emotion within your body but you couldn't get any other information about it. Just say: "Whatever emotion you are, I don't want you. I am ready to release you." Just imagine where it is and breathe it out of your body.

If you can't feel the emotion at all, I want you to simply say: "I command the release of this (anger, jealousy, or fear, etc.) and leave me now." Take a deep breath. When you exhale, I want you to image the air pushing the emotion out of all the cells of your body. Check to be sure you are still in your Heart Source. Doing this work can sometimes pull you out of your Heart Source.

This time I want you to expand your Heart Source. Simply say: "Expand." It will expand around you. That beam of energy going through your body holding it all together will expand outward to where you're completely encased in it. And now ask – you may ask Me, ask Spirit, ask your Soul Self, ask whomever it is you feel so connected to – ask: "Please fill that space where that emotion once was, fill that space with Love." Feel that Love coming into you, dear Ones. Experience that Love coming into you. Feel that place that once held a low vibration energy now being filled with Love.

I'd like now to give you another tool to use in this particular area. If you have a pen and paper, you might want to write it down. If not, don't worry as it will be on the recording when it gets posted. As I wait for you to get ready, I'm sending you Love.

On this call are many parents. On this call are many healers. Many of you will take on the emotions of others. You do it unconsciously. You can gather emotions from others just walking in a mall or store. You can use this technique. Say it aloud as I say it. Then I will say it again so you can write it down. I want you to say it in a commanding voice. "This is my space, this is my body, above me, below me and all around me. Any energy that is here which is not mine, go home." If you can feel the energy, you might notice you are a little bit lighter. You might notice that your muscles are a bit looser. The formula again is: "This is my space, this is my body, above, below me and all around me. Any energy that is here which is not mine, go home."

This command is an excellent one to say when you have just finished an interchange with someone which brought up an emotion you're not happy with. If you've had an argument with someone, if you felt patronized or put down by someone, use this excellent formula. If you've walked into a room where you know there's been an argument, even though you weren't involved with it, use this amazing little command.

There are also times when you feel these energies coming up to be released. Just talk to them. Acknowledge them. Don't push them back down again. You can ask the questions we did earlier. Also, in the place of your expanded Heart Source, in that energy going up and down your spine expanded around your body, you can breathe the energy out into that and it will be transmuted into Love.

Many of you know how to use the sword of Mich-a-el, the Archangel. If you have not gotten to that place yet in the e-mail course, let me instruct you. First of all, call upon the Archangel Mich-a-el, some of you know him as St. Michael the Archangel. He has a sword. Almost every representation is of him with his sword. Extend your dominant hand. If you're right-handed, extend your right hand. If you're left-handed, extend your left hand. Now ask Mich-a-el to give you his sword. Some of you will be able to feel it in your hand.

This sword is now yours to use at any time. Mich-a-el does not take it back. You may forget to use it or want to give it back, but he wants you to use it. Why? Because for you to be in your power, you need to do things for yourself. You are a powerful being. You are an amazing being. Use that power. Be the amazing being that you are.

To use your power, you must actually perform actions. Ask for another emotion you'd like to release – for instance, anger toward your father. Ask it to come forward in your body. Or ask that the fear of your boss come forward in your body. You now have the sword of Mich-a-el in your dominant hand. That sword, by the way, can become miles long or no bigger than a micron. Take the sword and place it where the energy of that feeling is within your body. Feel that energy being transmuted into Love. It is transmuted into Love. You can learn to wield this sword in many different ways. You can move this sword all about you to clear your aura. You can carry it into a room needing to be cleared.

When you use these tools I've given you and you are in your Heart Source, your vibration is higher. When your vibration is higher, you have the power to transmute lower vibration energies. The higher your vibration, the better able you are to work with lower vibration energies. Otherwise, the lower vibration energies overwhelm you.

As you learn in the e-mail course, when you are in your Heart Source, you can ask your Bodysoul to assist you to spin your chakras. Or you can just say, "Chakras spin." Do that now. Say: "Chakras spin." They will spin front and back for every chakra except the crown and first chakra. As they spin, they bring in more energy and your Heart Source expands, and your vibration rises. As your vibration rises, you can handle more difficult things, more difficult occurrences with lower vibration energies. When you know you're going into a difficult situation, be sure you are in your Heart Source. Know that you have Mich-a-el's sword in your hand. And raise your vibration by saying, "Chakras spin." When you are in this space, it does not matter what anyone throws at you, whether they are screaming or yelling or in tremendous fear, you stay in that place of Love. I am not talking about the emotion of love, I am talking about the energy of creation.

It is from your Heart Source, dear Ones, that you can create. In fact, you can create and you can un-create. The exercises we just did in releasing emotion are the un-creation of emotion that you no longer wanted as part of your life. When you invited in the Love, you were creating for yourself. By staying in your Heart Source, you are remaining in a place of creativity. You are remaining in a place where you can transmute energies

coming into you. That is creativity. When you turn anger into Love, that is creativity. When you dissolve anger, that is un-creating.

As the vibrations of this planet rise, you will experience more and more Love energy coming in. And dear Ones, it doesn't matter if you use the term Ascension which we use in the metaphysical tradition, or you use the fundamentalist Christian terms of Rapture or the Second Coming. It is all the same event. It is coming back to knowing, in the physical, who it is you truly are: Love Incarnate.

When you respond and create from this place of Love, you will be creating Joy in your life. You will be creating a flow in your life that moves things forward for you in a powerful way. Does that mean, as it were, a straight shot going upward? No, there will be ups and downs. You're into "human." Until you leave your body and go into that place of deep healing, you will be carrying things with you. People ask this one I speak through, "When will I be completely healed?" You will be completely healed after you leave this body, after you see how this lifetime fits into every other lifetime, when you see that what you did and experienced in this lifetime was surrounded by Love, even though you can't comprehend that to its fullness at this point. That is when you will be completely healed. I know some of you get frustrated at that. You want it to be finished now. (connection lost.....)

Now, dear Ones, as I was saying, as you work within yourself to remember the Love that you are, you are expanding in ways that you cannot see here on this planet. Do not be discouraged when something comes up and you thought you had dealt with it and would not go anymore into fear or anger or shame. It is all coming up to simply be released. Your life now in this incarnation is to discover that the boundaries, the limitations, that you set upon being human are no longer there. You are coming in tune with who it is you were created to be. The Love of any spiritual figure you were raised to know or understand, no matter whether it is the Buddha or Jesus, regardless of any religious tradition, that is the Love that you can be – that is the Love that you are.

I encourage you to be in Joy as you enjoy this life of yours. You are now experiencing life in a way that has not been possible on Earth for aeons. It is time to know the great Joy that is within you. As I have said many times: There is one energy and it is Love. There is one emotion and it is Joy.

Now, my dear Ones, I send my Love to each one of you. I would like you to sense, see, feel, hear, and maybe even smell it coming down upon you. Feel it and experience it. Know that this Love coming down upon you that I send to you now is the same Love that you are. The peace you feel when this Love comes to you is the same peace that you are. The Joy you feel is the Joy that you are.

That is my basic message to you, my precious Ones, and I will answer some questions.

Question from Pierre about getting strange and ridiculous names and information from his guides

Your guides could be playing with you. Let's talk about guides. First of all, in many cases your guides are going to fit well with your particular personality. Let me ask you a question: Would you say you have a good sense of humor? *Yes.* Would you say you tease people occasionally in a good way? *Very, very often, yes.* That is what your guides are doing to you. *Ok, I see now. I wasn't expecting an answer like that at all.* (Laughter) So when they give you these names you feel are ridiculous, they're playing with you. There are a couple of things to know about your guides who work with you. #1 is they are aspects of yourself because we're all from the Oneness. #2 is they like to have fun also. Another thing to know is that their working with you is part of their journey. Let's say you're a teacher or mentor here on Earth. Part of your mission or purpose in being here is to assist someone else on this Earth plane to learn something. Part of your guides' mission in their journey is to assist you. As they assist you, they are also learning, experiencing, expanding and growing.

Some people believe you can trust anything your guides say. I hope you are not horrified when I say that is not necessarily true because they are learning and experiencing also. That is why it is important to take the information from your guides and evaluate it when you are in your Heart Source. It may not be totally true for you.

That's what happened. Those guides were telling me some things but my Heart Source wasn't telling me the same thing.

Good. So you followed what was in your Heart Source which is where your power is.

I'm going to give you one other question to ask. When you're in your Heart Source and you get information that isn't quite right, ask this question: Is there a better question for me to ask? If you look at the question you asked very literally, it may not be what you intended to ask.

Also, you may not be clear on what you are asking. Be clear on what it is that you want to know. Here's a parable you may have heard before. There was a man who was rather poor and he pushed a cart from place to place which contained all the wares he was selling. It was a very old horse helping to pull this cart. The blessed horse collapsed and died. This man had nothing to help him move the cart. He cried out to the angels to please give him what he needed. He said he would gladly take "that old horse over there." One of the angels said, "We have this amazing stallion for him but if all he wants is that old horse, I guess we'll give him that." So be very clear what you are asking for. Some people feel if they have a million dollars in their bank account, they will feel safe and secure. So they ask for a million dollars in their bank account but what they really want is to feel safe and secure. They need to ask for that feeling of safety and security. Some who have millions do not feel safe and secure. And others who have only what they need feel very safe and secure.

Did this help, Pierre? *Yes. I did some encodement work on this but it didn't seem to do anything.* It did what it was supposed to do but you didn't understand what was happening with your guides. They were playing with you. This one I speak through will

hear others talk about how gentle their guides are while sometimes her guides will tell her to shut up, particularly when she is talking with a client who just needs to sit with the information they have given. Thank you for that question. I'm sure it has helped many others.

How are our guides different from our master teachers?

I'll use this in a hierarchical way but it isn't the same as used on the Earth plane as in "better than." In the Spirit world, it means you have more responsibility. Master teachers have students who are under them. Some of those students are your guides. The master teachers work with more people. You have specific guides who work just with you. If one of your guides happens to be Michael the Archangel, and there are a number of you who have that, he is actually acting more as a master teacher in working with you. Some not of that realm are simply guides or advisors who are working with you. The master teachers have more experience, more wisdom, more knowledge. You might say they are in graduate or post-graduate school.

Are there any signs to know whether it's a master teacher or guide working with us?

You could ask. Whoever you're working with, be in your Heart Source. If you sense something is not quite right, be sure whoever is working with you stands in the Love and Light of God. Then ask, "Who are you?" and "What is your role?" If you don't hear the answer very well, you could ask for a sign for what is Yes and a sign for what is No.

You can also use a pendulum for that. Ask further questions, specific questions: Are you a master teacher? A master teacher I would know? If at any time you feel uncomfortable with the energy, it is better to say you prefer not to work with that teacher or guide until you gather more information, than to be in a place of discomfort.

Does that help? *Very much. Thank you.*

Concern about direction country is going with different political movements and people seeming more self-centered and less caring. Is there a purpose to this? I do clearing with Michael's sword and hold everyone in the Light. Is there more I should be doing? What is happening is that the old is disintegrating. When that happens, those who have an investment in the old, and in this case it's power over which is getting ready to dissolve, they literally fight hard to hold onto that power. The divisiveness becomes stronger and stronger. Your perception is correct. They are not interested in anyone else. They are interested only in themselves. This is part of the disintegration of the old, of releasing the low vibration energies. You have probably noticed that there are very few people in your governmental structures, no matter what level, who are really interested in their constituents.

The most that you can do is just what you are doing. And just know that as the low vibration energies are shaking loose within you and coming up, that is also happening on a worldwide level. You are seeing protests and revolutions occurring. That will continue to occur. Do not be disheartened by it. Be in Joy because that means there is change that is coming. As the song says, it is always darkest before the dawn. It will get even darker. That is why I have been teaching you the Heart Source. It is crucial to stay in

your Heart Source so that you can be the eye in the storm. This storm is going to get wilder.

Amma, I've been struggling with some issues and I don't know if they are mental or physical. I have a hard time figuring that out.

First, I want you to be aware that every physical issue is also mental. One of the things to do when you have a physical issue is to work on the emotion that may be there regarding that issue. Let's say it's an auto-immune problem – and there are multitudes of them. Arthritis is auto-immune. Fibromyalgia is auto-immune. And Alzheimer's is auto-immune. So you work at healing the issues that may be undergirding that. How do you do that? One way is to do encodement work. Another is to ask what is coming up that needs to be healed.

All of you can do this as I take this precious One through this. Focus on a physical problem you're having right now. An actual pain, perhaps. I want you now to work with a wonderful group of beings known as the Soul Healing Angels. Just ask them to come in. Focusing on wherever your problem is, ask the Soul Healing Angels: "Please find and bring back to me all the missing pieces of myself that have anything to do with this pain (illness, whatever) I'm experiencing." Next, ask that all pieces be cleaned, repaired and healed. Then ask that all pieces be fully integrated back into you, making you as good as new. Then you say "Thank you."

You can also go into a meditative state asking that it be revealed to you what it is you need to heal. Let's say that when you were four years old, your mother didn't realize you had gotten out of the car to go to the bathroom in the store while she was picking up hamburgers to take home. So she drove off and left you there. She finally realized you were missing and immediately drove back only to find you walking down the street in tears. That circumstance can set up a lot of issues in someone. It can set up abandonment issues, rejection issues, and not being safe. It can set up being forgotten and feeling as if you're always left out. A single incident could have many areas of healing in it. Simply ask what needs to be healed and you will be given an example of that. Ask what needs to be released and you can then release that.

Another little trick is to be in a place of appreciation for whatever it is that's going on. That can be difficult at times, can it not? Just simply say: "I am in thankfulness and in gratitude for the pain that's in my knee (or whatever)." Appreciation will also bring healing because it removes you emotionally and mentally from locking that within you. Does that help?

It does a little. I have done these things but the loss of appetite stays with me. I do ask but I seem to be incapable of hearing an answer.

Then you can just stay in appreciation for what it is and ask where you need to go with it. Ask what it is you are to experience from this. Keep asking and be in a place of acceptance. You have been doing this.

Yes, I have and I wonder when it will be done. Maybe never.

Maybe never in this lifetime. Then when you leave this body, you will discover what it was all about.

Question about sending healing energy to others and how that works with their free will.

That's a very good question. Those who work with healing have heard that you always need others' permission. Many of you are or have been in a religious tradition where you pray for others. In this regard, nobody's been taught to ask for their permission. The kind of work we're talking about is similar to what you would call prayer. This is the way it works. You send the energy and on the Soul level, they have the right to accept or reject it. There is a difference between offering someone a bowl of ice cream and shoving it down their throat. When you offer, they have the ability to accept or not accept it.

I'm doing some work and my guides told me I needed to focus more. Is there something more that needs to be done in focusing to make things happen, like bringing an event to you?

When you are trying to manifest something, sometimes you can try too hard. When I say "too hard" what I mean is that you do not keep your focus exactly on what it is you want. You are also running away from what you don't want. When you are focusing on what you want, you want to move forward in that direction. Many will say they would like to create excellent health but then they stay in fear about not being healthy. Many want to create abundance in their lives but they are in fear of not having abundance. You are not focused on what you want when you are, in a sense, looking over your shoulder at what you're running away from. That's the meaning of focusing. Stay in your Heart Source, ask what is the next step, and follow that. You have the grand design of your creation in front of you. With each step, ask the question, "Does this move me closer to my goal?" If you are in a place of fear of not achieving your goal, then you are not focusing on your goal but on what you're not going to get. Be clear about your feelings.

Amma, I just want to express my gratitude to you for being here and doing this for us.

Thank you very much. I want you to know that your gratitude goes out to everyone and helps raise the vibration of the planet.

Dear Ones, I want to thank you for allowing me to come to you today.
