Kryon: The End of Times

Table of Contents

Ch 1  Meet Kryon
Ch 2  The New Energy
Ch 3  The First Live Channel
Ch 4  Questions & Answers
Ch 5  Healing & Disease
Ch 6  Jesus Christ
Ch 7  Writer's Summary

Appendix - Questions About the Implant
Chapter 1: Meet Kryon

Affirmation: As I see how phenomenal life is, the Universe rearranges itself accordingly.

"You are a piece of God, and you have the power to become as high on your side of the veil as you were before you came...and you are loved without measure."

~ Kryon

Experience the Gift

- Learn to feel or experience the Love source at any time you wish.
- This is your new right.
- It will create the peace you need to walk through what is to come.
- The more time you spend experiencing this, the easier it will be for you to be a clear channel for our information, for your teaching and prayer and healing.
- When you experience this love, you are not only feeling the comfort and warmness of peace from the universe, but the love and admiration of the collective entities of the universe, all who know who you are and congratulate you for your perseverance to have read this message and have take it seriously.

- **Healing**
  Allow your spiritual entity to communicate directly on a spiritual level with one other entity.
  There will be instant, logical communication from the clear, balanced one to the physically unbalanced one about the permission to move beyond karma and use the "action window" available.
• If appropriate, the unbalanced one will receive physical balance, and will be healed.
• Do not take responsibility for what appears to be a failed healing. This is up to God, not you.
• Do not limit the healing you ask for. The love source has no limitation.
• It is possible to create matter where none was before...to reconnect biological pathways, or to simply balance the system for better health.
• Your "miracles" are logical applications for the love God-Source and will be the commonplace healing of the future.

Teachers

• Pay special attention to those coming into balance for the first time!
• There will be many due to my work.
• Teach the new ones about who they are and how they can have peace of mind and how they can love themselves through the recognition of the entity they really are.
• Psychological balance will result with spiritual enlightenment.
• Keep it simple.
• They will come because of the love they feel.
• Teach tolerance. Tolerance is the result of love balance.
• Never feel like you are less than any other. New information will occur simultaneous to many, and is never proprietary.
• The new power is significant, and you can use it to remove obstacles on your path and to live a much longer life.

Transmutation

• You must call upon this love God-Source to heal and balance the planet.
• There will be guaranteed results.
• Gather with others of like balance to focus your energies for this.
• Begin with meditation for the purpose of receiving instructions, and then balance it with prayer (love source) to create the needed energy.
• Set up groups and institutions with structures, membership and business - this is critical.

The Love Connection

• Love is Power
• Love is not just a word or feeling it is a POWER source.
• Love is energy. You can call on it, turn it off or on, store it, send it, and focus it for many uses.
• It is always available and will never fail you.
• The love-God source is the power you receive when you call upon God for anything.

About the End Times

• There will be floods and quakes and eruptions...some will be a reaction to my work, but these will not terminate the population.
• The tilt that is occurring with the Earth has been my job.
• It is a magnetic tilt, and will be the realignment of the grid system of the Earth to provide for your final time.
• You will be provided with a magnetically correct overlay for humans of balanced enlightenment to exist and live.
• So why should you care?
• Those who are not ready will not be able to deal with it.
• Some will stay, and those who can't will reincarnate and re-emerge with the correct alignment.
• The grid alteration will affect the restrictive implants you have.
• You will soon be able to control what you do from here to a degree that you never had before.
• You will be able to grasp completely the power that is available through the love energy, and use it for planetary healing.
• You will also be able to transmute negative into positive which will result in the balance of many individuals that formerly would not have had a chance to stay during the transition.
• Do not trust the government's monetary system during this time of change.
• Change your personal monetary exchange medium to the most basic form.
• Barter for what you can, and do not put your faith in any monetary systems.

Christians
• If you are of christian faith, then I would ask you to please continue to keep your eyes on Jesus the teacher, and in perfect love ask for guidance--not based in men's doctrine, but in God's wisdom.
• Ask and pray for discernment and peace.
• Love will bring you through.
• Ask for guidance from Spirit about the true meaning of the end times, and what you should do.

Why Am I Here?

Spiritual Awakening
• Some of you may feel a longing in your soul to know the truth about things.
• This is your freshly awakened sense of spirituality.
• Perhaps you have always felt there was something more but had no idea what it was.
• These feelings are a sign that you are experiencing a gradual change in consciousness.
• It will lead you to what you really are longing for: peace of mind through the power of Love.

Divine Life Purpose
• There is one reason for all of your existence on Earth: You are in lesson for the purpose of raising the vibration of the whole.
Your endeavors while in lesson create energy through your incarnations that help to elevate Earth consciousness.

This energy transmutes negativity. Negativity is the absence of enlightenment.

Your challenge was to start without any enlightenment at all, and gradually work through multiple lessons and incarnations to a fully enlightened state.

You are approaching the end of the whole cycle.

Your work through this whole process actually creates energy for the rest of us.

As humans you are to live through many experiences during lifetimes of expression, creating the energy needed to bring the vibration of the planetary consciousness to its highest attainable level.

Contracts

When you incarnate into the Earth plane each time, there is a brief period of rest where you meet and communicate with the whole, and plan for your next expression or lesson.

Your plan is directly determined by what happened during your last expression.

You form a contract, or plan on what will be learned and experienced as you begin the next expression.

There is no "predestination" at play.

All incarnations are a "clean slate" with karma and various doors of action offered during the contract.

The karma may or may not be satisfied. If it is not reincarnation will occur.

An individual has free will over what doors, if any, they open it's up to you and where your growth is at the time.

Magnetic Fields

Are important to your biology.

They can and do affect your spiritual consciousness.

The farther the magnetic field is aligned from the axis of the planetary spin, the more enlightened is the life form.

Electricity, artificially created magnetic fields, has negative effects on your health.

Basic thought processes in your mind are electric (and therefore have magnetic properties)

Your entire biology from nerves to muscles are electro-chemical in their function

Every organ in your body is "balanced" magnetically and is sensitive to outside fields.

Psychic read your own personal magnetic field.

Stay Away From

large static magnets, or electrically energized magnets
examine where you sleep - keep anything electrical (clocks, fans, etc.) at least 3 meters away.
never use an electric cover device for heating
make sure artificial power carriers and distribution devices are not running directly over or next to your sleeping quarters.
I am Kryon of magnetic service. I have created the magnetic grid system for your planet.

I have been here two other times. This is my third adjustment and my fourth and final visit. The last two times I was here, it was necessary and appropriate to make a global adjustment to accommodate your growth. In each case, humanity was terminated for this purpose. A few entities remained in each case to propagate the biology.

Who Are You?

- Your power of intuition and discernment are the only things which will give you the choice to stop reading this or not, because everything else you own biologically has been tampered with.
- You have implants that will never let you understand this side of the veil on a reasoning level.
- The only way to begin to understand what's on the other side of the veil is to balance your biology (physical/mental) with your spirituality.
  - Your spiritual side is pure and unaffected.
  - When you are in balance your mind and body align with your spirit and become "enlightened" and able to understand.
- Each human is implanted with many limitations and restraints of conscious thought. (I'm thinking this is what we call the ego.)
  - For instance, we have been implanted with the feeling that everything must have a start/end.
  - If Kryon told you that something always "was" you would have a difficult time with that.
  - Example, A circle has no beginning or end unless you take a pen and draw a line around the inside of the bubble.
    - You are superimposing your limitations on something that doesn't have any.
    - This is what has been done for you.
    - You have been biased to be two-dimensional in a 3-D space, and all your thinking reflects it.
  - For instance, we have been implanted with the idea that "time is linear and constant" with only 2 dimensions; front and back.
    - The truth is time as you know it does not exist at all
    - The whole concept of time was created to give you a linear consistent platform on which to exist while you learn.
    - Constant "reliable" time is an Earth concept and on the other side there is a different kind of time; everything is in the NOW.
      - Just like the bubble, there is no past or future, only NOW.
- Have you noticed the power of THREE?
  - The number three vibration emanates power and energy.
  - Balance of the three (mind, body, spirit) is the key to enlightenment.
  - Three is a very important number and is constant throughout the universe.

What Am I?
- I am of magnetic service.
  - I have never been a human or anything else but Kryon.
  - My entire purpose is to serve in a specified capacity the "schools" throughout the universe where the entities such as yourselves are located.
  - There are many schools at various levels, some that are lower and some higher than your own.
- There are entities directly assigned to each of you.
  - These entities move on as you reach different levels.
  - Some you have for life.
- Your planet is the home for several kinds of schools simultaneous to your own that you are unaware of.
  - There are other entities that interact with you in an odd way which becomes their own school.
  - Some of the other biology on Earth are really entities also, but you think of them as lower intelligence.
  - There are also ethereal entities that are with you that are working their way through lessons, and you perceive them as ghosts.
- You are a piece of God, and you have the power to become as high on your side of the veil as you were before you came...and you are loved without measure.

**Who Am I?**

- I am Kryon of magnetic service.
- I cannot use language as you know it. I speak to you in "thought packages" and "idea groups" translated into words by Lee Carroll.
- My name isn't really Kryon, and I am not a man.
- My name is a thought group or energy package that surrounds me and is recognizable by other entities.
- The spelling of my name is as close to the TONE sound as I could get for your language.
- My name energy package consists of
  - Tone
  - Light Frequency
  - Form - shapes and designs

Please take a moment to post your comments in our Facebook Group.
Chapter 2: The New Energy

Today's Affirmation: As I align with my spiritual being, I live in total abundance.

Teachers...

You are needed now more than ever to show the way to the new ones who are infants in their work.

You won't be able to do it alone any more...so you'll have to have tolerance for others.

We will support you...and love you...and give you the peace that you are missing.

The New Altitude

- Please have faith that the changes are good ones.
- Not all is what it seems.
- The veil is lifting slightly so that you can now see clearer than before.

I am Kryon of magnetic service. Think of me when you are in doubt or in fear. Your thoughts can be transmuted into peace, and by your thinking of me, you can actually activate your guides into service.

Be sure to do the 3 minute meditation under "exercises" below.

It’s For Everyone

- The process of aggressive rather than defensive power is yours immediately.
- Project your bubble of power wherever you go, and watch the people change around you.
- Former negative energies will seem to bounce off your new bubble instead of penetrating as they did before.
- You will receive what you project, however; and if you choose not to believe this message, then your bubble will be non existent.
- You also have far greater healing power than you did before, both for yourself and others.
- The balance between positive and negative is no longer neutral.
The new power of the singular love source available to you has changed this. The positive will win every time.
Negative will no longer supplant or void the positive.
Instead, the positive will ignore it.
Even if you did not volunteer for the shift some of you may receive new guides and some new attributes of the higher vibration.
If you are feeling depressed, consider that it is a guide change.
The departure of a guide is significant to your soul at any time. Your soul cannot tell you why it is sad or unhappy, but you feel the results.

The New Vibration

- Psychic Readings for people who have graduated and are a systems worker may be difficult - remember a reading is just reading the energy the person has. If the karma has been cleared there is no reading that will appear.
- Those people who are non systems workers you will perceive the new graduate status as a glowing light.
- There will be a feeling of peace about them, and universal understanding.
- And as mentioned, the unusual love vibration they will bring with them through their new guides.

How to Use the Power

- Be aware of attracting followers. Jesus came to Earth to impart a powerful message about a new age of spiritual consciousness, where humans could at last carry around the entire enlightened power of their soul entity with them, and could finally contain the power of the love therein. But people fell at His feet and worshiped Him instead of taking what he said and applying it for themselves.
- Do your own work. Do not allow anyone to take your place or teach in your place.
- There is no evangelistic message to be pushed to the masses.
- Heal the planet and heal your fellow humans in relatively small groups.
- There is a return communication in this process.
- The mechanics of healing and transmutation require a spiritual interchange - do not depend on transparent viewing. (referring to video and film)
- In person is preferable as very few humans are given the gift of discerning spiritual emanations by long distance viewing.
- Do not concentrate on the numbers of those who are with you.
- Work simply, methodically, for the few or the many, with diligence.

What is Your Path Now

Stay Where You Are

It is your choice: You will impress no one if you decide to take this path; you will disappoint no one if you decide not to.
Graduate to the Next Level

- You must prepare yourself mentally to be moved out of your existing situation, whatever it is.
- Things will change for you, and you must be accepting of this.
- Your earthly career or vocation has allowed you to earn the monetary exchange necessary for you to have food and shelter may be terminated or change.
- **Your decision will be irreversible and you cannot change your mind.**

Next Step

1. Openly petition for this shift by verbalizing it to the universe.
2. For some the response will be clear and immediate.
3. Your intent is extremely powerful.
4. The next event that will happen will be an instant evaluation of the appropriateness of the request.
5. All of you have the power to make this shift.
6. No one will be turned down, but the timing of the shift and the difficulty of the passage will be different for everyone.
7. Use your power of intuition and meditation to ask if this is appropriate or not. Maybe next year is a better time.

How Will You Know You are Beginning to Receive it?

1. Expect vivid dreams, sometimes with some sorrow feelings.
2. You may feel a deep depression. This is the unceremonious departure of your guides.
3. The transition will last about 90 days.
4. Friendships or relationships may begin to break away and dissolve.
5. Others still in your contract of love will remain.

The Adjustment & Help

- If you choose to graduate you will receive 1 new implant and a change of guides.
- Implants were designed for human restriction.
- They restrict the true realization of your soul, as well as your understanding of how the spiritual balances with the physical to create miracles.
- Without these implants there would be no tests and no lessons.
- When Jesus walked the Earth, he had no implants. This made him much different than any other human.
- The only difficult items he had to deal with were biological...he felt emotions, drives, pain, ego and fatigue just like everyone, but He did not have a set of implants, restricting the veil.

Implants are Spiritual Restrictors

- Implants are spiritual restrictors that keep your soul entity from playing an active part.
They are given at birth and never change.
New implants are given when the person has reached a certain point in their growth.
When you graduate you receive a new implant and release the old to void the old karma.

Support Group (I call it Spiritual Counsel)

- There is a constant support group around you at all times.
- The ones closest are your guides.
- The ones farthest are those like my entity, who deal with the mechanics and maintenance of the school.
- Each of you has 2 guides/Guardian Angels who love you and are always there for you.
- These belong to no one else.
- They do not judge you.
- They are helpers, spiritual servants.
- Some are between incarnations.
- Some are masters like myself and will always be guides. A master guide is a guide that is always in service and never in lesson.

Guide Change

- During the guide change there will be a period of about 90 days where you will be without guides.
- Your soul entity is aware of the earth plane and the spiritual plane.
- It is always with you and is eternal.
- It knows me and I know it.
- It is the part of you that is constantly prodding you to search for God.
- The guides represent the only contact with the pure love energy that exists for your soul.
- You may feel lost and lonely during this guide change.
- It's important during this time to distract yourself with doing something you love - earthly tasks, concentrating on goal-oriented work and the completion of something you enjoy.
- FAITH is the key.
- Know that the new guide will come in soon and you will feel whole and complete again.
- The loneliness will dissolve and you will feel loved and connected to source.
- Your new guides will often be visible to you with enough clarity for verification of their presence, but not much more.
- If you remain balanced, you will be happy and prosperous!

Why Wouldn’t You Want It

Having a neutralized imprint will bring about changes that you have never experienced before. You will have temptations that you never had before, and things will change for you that may seem difficult. in addition the period of adjustment may not be pleasant.

- Your personality has been shaped through karma.
- People were able to push your buttons and you reacted out of anger or frustration.
- These reactions are karmic and tied to your imprints.
• Peace is your natural state, fear is from the karmic imprint.
• Your personality may change if you choose to graduate.
• Universally this will be for the better but it will make you seem different from others.
• People will no longer be able to push your buttons - you will stop reacting out of anger and start responding with love.
• Peace is natural, but it may seem boring if you've had a lot of drama in your life.
• If you graduate you have the ability to OPT OUT - go home...die, with no judgment from the spiritual realm.
• But if you stay, you can use your power to heal the planet.

**Karmic Group will Change**

The karmic group you came in with will no longer be linked to you. This might be the most painful of all for you. Many of your friends, or even your mate, could forsake you. To them you will have changed and become someone else, even if that someone is more tolerant and understanding.

For you the human bond will be missed. This is part of the adjustment period.

**EGO will be your Worst Enemy**

• To some degree your ego was contained or unleashed by your imprint.

• Even Jesus had some problems with ego.

• Ego is intrinsically human.
• Ego is what happens when the greater is around the lesser.
• Human ego is an unwarranted feeling of power, and it is as a drug to the human mind.
• Ego is biological and therefore must be BALANCED.
• Being human requires some ego just to deal with other humans; but in your case you actually will be more powerful than most, and the ego reaction will be very strong.
• Ego displaces LOVE.

**Assume an Aggressive Spiritual Nature**

• Have you ever felt as though your energy was violated, and therefore you had to bring yourself 'up' again to the higher vibration that you were before the violation?
• This nature is a **defensive** one, and is no longer appropriate.
• You no longer have to worry about lower vibrations affecting you.
• This is a mental change that may be difficult.
• Think of Jesus, He sought out the unenlightened and gave them power. He was always on the aggressive. **He gave power instead of losing it, and this is how you can be.**

• When you touch someone they will receive from you, PERIOD.
• There will no longer be any flow of negative to positive regarding your power.
• **Those with lower vibrations will be changed simply by being around you.**
• You will become as a generator of power and positive influence. Nothing will be able to penetrate your power. It is the singular love source that I have been speaking about, and it is absolute.

**Psychological Attachment to the Past**

• When you are balanced you become aware of the NOW time frame.
• Events of your human past will become appropriately neutral to you.
• Preoccupation with trips into the past are an addiction with negative energies.
• If memories bring sorrow or pain they will dissolve, let them go.
• If memories bring joy, keep them.
• You will be without past reflection. This means your memories will be intact but you will have no emotional attachment to them.

**New Love Vibration**

• You will perceive the 'now' as if I do, but with a heaviness and intense sense of responsibility.
• This love vibration is the kind seen reflected in Jesus face.

• It is wise love, coming from a place that recognizes the soul of a person when you look at him.

**The Great New Power**

**Non Systems Workers**

• One who is a see-er, or who does intuitive or psychic work
• Channelers and readers of all kinds including tarot and such
• You may be noticing a positive change for the better - greater sight and accurate readings.

**Those Caught in the Middle**

• People who are both systems workers and see-ers - may be experiencing internal confusion or false fear.

**The Great New Power**

• Remember this book was written in 1993 so beginning in 2003 the great new power has been available to us!
• We now have the power to transmute our imprints or WIPE OUT KARMA.
• All human diseases and dysfunctions and imbalances are directly related to karmic imprint.
• One of the reasons historical figures seemed to live so long is because they had no karmic imprint.
New Love Energy

- Through the new love energy you have the ability to claim this new power, and to actually leap over your karma and all your action windows directly to a place of neutrality. This neutrality voids the process of duality, erases the need for lessons, assumes a **graduation status** and provides tremendous power.
- The Earth needs many of you to make the jump otherwise there will not be enough power necessary to accomplish the task at hand for the next 11 years *(which brings us to 2014.)*
- After you’ve made the change to this new status, you will be different.
- Your life will be changed, and you will feel different.
- All the changes will eventually be positive but there will be an **adjustment period.**
- Your personality can remain the same - whatever the best parts of your life you perceive will remain yours.
- **The parts you always wished could change, can now do so.** **THIS IS WHERE THE POWER LIES.**
- Jesus had this status - no imprints - he always said you could be like him. John 1:11-12

**Graduation Status - No More Karma**

- Your life will be much longer.
- Your aging will slow.
- Disease may not attach itself to you.
- Accidents will be reduced.
- **Abundance WILL FLOW.**
- You will be unaffected by energies around you.
- You will no longer absorb negativity energy but will transmit positive energy wherever you go, an **aggressive rather than protective posture.**
- You will no longer need protection from anything as you radiate in the frequency of love continually.
- Your implant structure (not imprints) is typically given to restrict your understanding of your abilities. This structure will change to allow for expanded understanding.

**The Systems Worker**

Are you a worker in systems?

- Implants - the biggest set of implants are really *'imprints'* that come in with you from your last incarnation(s).
- These include karma, astrological presets, life lessons related to karma, auric life colors, star karma and more.
- Many of you work with systems; astrology workers, those working with the body's magnetic field, in the study of or teaching auric and chakra fields. If you use any charts or refer to tables then you are a systems worker.
- If you work with past life regression, birthing and re-birthing techniques or reading life lesson imprints you are using systems.
You are born into a specific spiritual energy, created by the alignment of the magnetics around you, and it has a predictable effect on you from then on. Like a hardy tree, growing up and taking seed.

There may be tremendous change in your work but do not fear it.

Any uncomfortable feelings or a loss of power or inaccuracy may be due to the 3 degree shift in the magnetic field that you are feeling.

Once adjusted to this you will be back on course functioning in an even higher vibrational rate.

Timing and Power

Please note: The book is written in first person, with KRYON being the person's point of view. Most of this summary is taken directly from the book, some of it is paraphrased. But when I use the word I, it refers to KRYON, not myself.

Review

- I am the one chosen with the responsibility to realign your grid system, allowing for remarkable changes in your power
- This section will explain more about what you are feeling and what to do about it.
- I will also explain a brand new power you have...how it works, how to use it and the pitfalls for asking for it.

Meditation Exercise:

Kryon Meditation The New Energy 5 min

Please take a moment to post your comments in our Facebook Group.
Chapter 3: The First Live Channel

Today's Affirmation: Every day I make my path a sacred one simply by loving myself.

There is joy and peace in your future when you learn to harness the power that is personally yours.

You have no idea what you can have until you truly experience it.

...then you will wonder why you spent so much time and energy in the dark...

Why Coping Makes Things Worse

- The latest research indicates that talking about your problems over and over can actually make them worse.
- Coping means the problem is still there you've just learned that there's a more constructive way to deal with it.
- What we really want is for the pain to be GONE.
- The Healing Code is a literal physical mechanism in the body that, when turned on, changes the energy pattern (Secret #2) of the destructive cellular memory (Secret #3) to a healthy one.
- When this occurs, the stress response of the body is turned off or down (Secret #1).
- This doesn't mean you don't have the memory anymore, you do, it's just not destructive anymore.

Does The Healing Code Really Work?

The proof that it heals cellular memories is in people telling us over and over that their feelings and beliefs and attitudes and thought patterns heal while they do it.

As the cellular memories heal, the cellular energy problem heals and people report that their health problems melt away.

The First Live Channeling

- The actual color of the Kryon energy is a deep copper, iridescent.
- As the veil lifts you have the ability for so much power...to leap over your karmic imprints.
- **The Earth needs you now!**
  - In order for the transmutation of the energy...the negative to positive that will lift the planet to its final vibration and its appropriate consummation with the final lifting of the veil.

**Discernment**
- As the veil cracks open, there will be many of you on Earth who will receive information.
- Please use collective discernment to tell truth from non-truth.
- Remember, on our side time is past, present and future...now. And know that you may "tune in" to our thought energies with much more clarity than before, and it may just be our planning scheme, not that it's actually going to happen but because of the increased clarity many will believe these things to be evident.
- No entity in the universes knows how you will do in the net years!
- If you receive supposed pictures of future events, weigh them in regards to what you really know to be the case.
- Stay in the love vibration and bring yourselves together to decide, for you are more powerful and discerning when massed.

**New Power**
- You will find abundance and you will find the peace that you desire.
- Be patient ~ your time will come.
- If you find yourself in fear, then you need to examine your balance, and call on the love energy for healing.
- As the new magnetics move into place your power will increase.
- No one who has opened their heart to this message will go away unchanged.
- Some of you will have sleepless nights...this is because of the shift and the implants.

**UFO's**
- Many of you think you are seeing a UFO when really it is often an actual entity.
- Because of your implant you assume other entities are your human biological size, but they are not.
- My most comfortable size is about the size of your home.
- You are seeing entities instead of UFO's.

**Negative Entities**
- Be Aware: There are negative ones here from the other side of the veil (my side)
- Please Know: In the new energy your power is no longer neutral. It is biased toward the positive therefore you have control over the negative entities.
- Ignore them, and turn your back on them.
- Do not acknowledge them, especially in words.
- Call on the singular love source and they will leave you alone.
• Do not be curious, for this allows them to interact with your lesson, and it is inappropriate that this take place.

11:11 What is it?

• 11:11 is the gateway and represents the period of time for eleven years.
• It represents the Kryon energy. There was a plan and a direction that was predestined for me to come.
• The name Kryon is the eleven vibration.
• It represents the power change.
• There is very little you can not do with your new power - but it starts with you.
• I began publicly channeling the ascended master, Muhammad, on 11/11/11. I knew it was an incredibly powerful day but now I understand on a deeper level what that really means. So cool!

Healing

• In other channellings we will talk more about healing but for now, know that concerns you have such as...adrenal problems, anxiety, car issues...these trivial things you must life yourselves beyond, for the love energy is so far above any of these.
• These things do not deserve your attention: It is of no concern.

Focus

Put the small things away - like direction for yourselves and how to go about life. By putting them away, I mean that you must completely trust that these things will be shown to you at the appropriate time, and that you must not let them occupy your main energy now. Your intuition will be heightened to allow for your conscious mind to know this so you can take solace and have peace with this knowledge.

A Personal Message From the Writer

• I grew up a lot in the two weeks before the channel. I realized that I had to call for an implant to help balance me, and I did. (I actually tried this the other day when I felt a migraine coming on. I asked my guides for an implant to help balance me and alleviate the pain in my head. As the day wore on instead of my headache turning into a migraine it evaporated and I felt great by evening.)

• I discovered that during a live channel some explanation is left out. I believe this is due to the fact that some information is absorbed by those in attendance through communications with the higher self.

Meditation Exercise:
Kryon Meditation Ch 3 Spinning in Love Together 9 min

Please take a moment to post your comments in our Facebook Group.
Chapter 4: Questions & Answers

Today's Affirmation: Deep at the center of my being is the unlimited potential of God.

Remember...
you are pieces of God.

It is not necessary to pull your power from anywhere but what you already have within you.

We Love You ~ Kryon

Centering for Better Alignment in Receiving Information

The prime ingredients are:

1. self preparation
2. guide communication
3. information reception/and or transmission

The most important power rests in guide communication. **Your guides are your key to both reception and transmission.**

- An unbalanced person in the group can drastically affect its power.
- Establish a team leader to keep the group focused.
- Concentrate on one task at a time; diluting it with multiple tasks dilutes the result.
- See the meditation below for doing this exercise individually
- Be sure to decide on your "target action" whether it be for global peace or something you desire to create in your personal life

*If you're interested in the details for creating this kind of group please email me at geiglej@yahoo.com or check your local library for a copy of Kryon End of Times by Lee Carroll p. 106-109.*

What Can I Do to Make a Difference

1. **Physical:** Dedicate your knowledge and science to stop the attrition of the Earth's important self-balancing resources.
   - Get control over the depletion of the chemicals in the upper layers.
o If it's not controlled your weather will begin to change.
o When your weather changes - it affects where you grow your food.
o Many will starve in unexpected places.

2. **Spiritual:** Assemble together and provide positive thought energy for the planet and the human race.

When a group of enlightened people are aligned and balanced, and are in touch with the guides, their combined energy creates a power exponent which is the quotient of one third their number. Example: **A group of 4 is equaled to the power of 20,736!!**

- You must start with the Earth itself in order to help humanity.
- Grow a garden...they have indoor garden kits as well.

**Main Focus for Living**

**Q. What is the main point for individuals personally to focus on for day-to-day living?**

- You have to deal with what's wrong in your day-to-day life before you can expect to move on to higher things.
- Focus on regaining the **peace and balance** that is suppose to accompany your enlightenment.
- STOP CREATING YOUR OWN NEGATIVE VORTICES!! (Vortice is a spinning, often turbulent, flow of fluid.)
- **Your day-to-day living is packed with non-appropriate reactions to events and other humans.**
- How can you do the work when your thoughts are preoccupied by emotions caused by these things?
- All of my teachings so far in this book deal with changing your imprint through accepting new implants to let you do this.
- You have to concentrate day-to-day on not reacting to the **buttons** that you have allowed to be pushed in your minds.
- You can almost totally void them. *(How awesome would that be?!!)*

**GOAL:** **Bring peace into your lives so that you can do the work.**

- **When you control your response to previously anxious items, you gain power.**
- This power lifts you to a place that allows you to do it again and again.
- You will begin to understand that the events around you that are seemingly not in your control, **are actually very much in your control.**
- By recognizing these things day-to-day as they happen (**mindfulness**) you can VOID them one by one!!
- Some may be addicted to the attention of drama; recognize if you are and then realize that when you are balanced, your guides will give you all the attention you ever wanted.
New Millenium

1. Your millennium is coming to an end.
2. It was prophesied that this would be the end of life on Earth.
3. **This has now been changed!**
   - You will not be terminated.
   - You earned the right to stay and control your own destiny.
   - You have done this by raising the vibrational frequency through thought consciousness over the last 60 years.
4. Things will not remain the same for any of you.
5. Have peace over these things. If you cannot have peace during this time, then you will not stay.

Indigo Children

Q. Will the Indigo children be in time to accomplish at least most of what they have come to do?

   - *The indigo children would now be around 19-20 yr.*
   - This group does not have special purpose.
   - They are simply new expressions that have the equipment that you did not, namely 1) higher vibration, 2) an imprint that voids certain attributes, 3) specific biological equipment to enable them to better handle the human manufactured impurities.
   - Those of the planet who leave at this time will be able to return immediately as indigo.
   - That's why so many must leave...so they can return with this new equipment.
   - It isn't guaranteed that the indigo will be any more enlightened or that they will band together as a group to accomplish a specific task.

How long do we have to raise the vibration on the Earth?

I leave on 12/31/2002. All adjustments will be in place by then. You have 10-15 years to do your work. *(which brings us to 2017)*

Termination of Mankind

- I am not here for another planetary termination.
- However, it will be necessary for large numbers of humankind to be terminated in order to achieve perfect balance.
- 1% of the population.
- Those with no hope whatsoever of achieving any greater enlightenment than they already have will move on.
- **Because of the planetary upheavals we advise you to move to where it is cool: north or east.** (Finally, a reason to stay in Wisconsin.)

Worry
Do not spend time generating thought energy around things that might never take place.

The Grid

1. **When Kryon came three times before what did he do?**

   The work accomplished was to alter the magnetic alignment of the Earth.

2. **When doing the work, what part of the planet did Kryon address?**

   The specific parts addressed were the magnetic grids of Earth.

3. **What was the end result of Kryon's work?**

   The end result of the work was to provide enlightenment for **humans**.

**Your Connection with the Earth**

- Humans and the Earth are an inseparable partnership.
- *Your spiritual connection with the Earth is an important factor in your balance as a human.*
- Your specific culture chose to separate themselves from the Earth, not realizing that this would separate you from tremendous power, enlightenment and balance.
- **It's crucial to treat the Earth as a live, on-going partner, and celebrate its existence, and honor its health.**
- Earth gives you your "seed consciousness" & provides for your enlightenment (through the alignment of the grids)
- There are an army of entities within the Earth that is there with universal correctness to help balance the life force on this planet.
- The Native American culture has a stronger communication with our side because of their spiritual connection to Earth.
- The planet is your partner, and it is alive with you.
- If you feel the stress of Earth then you are tuned in to the partnership.

**Meditation Exercise:**

[Kryon Meditation Ch 4: Centering](#)

Please take a moment to post your comments in our [Facebook Group](#).
Chapter 5: Healing & Disease

Today's Affirmation: I am filled with the divine love of the universal spirit.

*I am Kryon in service to you in lesson.*

*You are the exalted ones.*

*You are the ones who have chosen to come in and die repeatedly for the benefit of your planet and the universal plan of things.*

*For this, we have honored you with respect, and love without measure.*

*We Love You ~ Kryon*

Healing in the New Energy

Spiritual Interrogation

- You have the power to heal as never before.
- When you are in balance and love, and you come in contact with an unbalanced human entity who is receptive to your power, then you may approach and do the "spiritual interrogation."
- This is where the one touches the other, and in an instant of time, the one spiritually interrogates the other on an astral level (the highest level possible.)
- The question is asked from soul to soul,

"Is it universally appropriate at this time for your imprint to be altered to change your locks? If so, you have permission to use the LOVE source power to change your own karma and respond to this inquiry by healing yourself."

Why would any unbalanced human answer no?

If a soul feels that the lesson isn't learned yet, then it will turn down the opportunity to use the power to void the disease.

- Physical disease affects the mind and spirit making spiritual communication almost impossible.
- Even your presence in a room with a physically diseased person can help.
• Even if you feel it's no value and you can see no result, there is work being done.

When Your Work isn't Healing the Person

• Be aware also that life lessons and karma are often at work to prevent healing.
• Do the work and move on.
• Don't feel that you failed the person (that's your ego - you're not in control of the healing anyway).
• For as many that don't respond...there will be many that do and this is where you get to change the energy of the planet.

Transmutation of Energy

• A healer with the new energy "intervenes" with what has been the past process, and gives permission to the unbalanced one to use the balance needed from the love source to create internal balance again.
• The unbalanced ones will now be able to heal themselves.
• Thus, this is part of the transmutation of energy process.

The Beginning of Transmutation Teaching

• Within disease there are specific parts that are unique.
• These parts have extensions and depressions which "look" for the opposite.
• Like a deadly key in a lock.
• If the extensions and depressions fit each other from disease organism to human organism, then the disease attaches itself and begins to grow.
• As an enlightened human, if you are paying attention now, and you are able to truly understand what is being presented here, you will have an understanding of how your karmic imprint is applied at the cellular level.
• A significant implant can change your lock, therefore, and void the ability of the key to open it -- and healing and balance will occur.
• **Think of your new implant as a lock-out against disease.**
• Disease is NOT a biological process that science can change.

2 Methods to change Disease

1. For you personally, a change in your implant from the universe (ask & you shall receive)
2. For the planet, a method to alter the disease so the key is changed and no longer is able to fit any human system

It's Never Too Late

• Even after the key is in the lock, it is not too late to change things.
• The key is constantly growing new keys that continue to mate to other locks within the body.
• The key is never in the lock for good. **Disease is an unnatural state.**
Chapter 6: Jesus Christ

Today's Affirmation: Universal wisdom guides me daily towards my desires.

Make no mistake - there is a spiritual dark side.

You can just as easily manifest negativity and tragedy as you can love and healing.

Your power as a piece of God is ABSOLUTE.

We Love You ~ Kryon

Know this as truth...Fear does not have to be a part in what is to come, and what is coming should not be feared. Love is the new great power, and love will protect and serve us in the new times. Jesus was the bringer of love energy to the world. It is no wonder that we continue to love Him so much.

The Metaphysical Christ

I must warn you...this chapter is quite outspoken. Some read this information and totally reject Kryon and everything he stands for even though they’ve been thrilled with the info up to this point. It's important that you don't throw the baby out with the bath water.

Some of these concepts were initially hard for me to grasp, as well, as I consider myself a devote Catholic who embraces metaphysical principals. I invite you only to accept what “feels” right and to simply let go of what doesn’t.

Metaphysical Principles

1. Jesus Christ was one of the highest Ascended Masters ever to visit the Earth.
   - Was J.C. the son of God? Insomuch as we can understand, yes.
   - Jesus is not God anymore than you or I.
   - Jesus was perhaps closer to God, or pure love, than any other entity in existence in the universe, and his visit to Earth was monumental and critical for humanity.
   - Jesus exemplified the absolute power and love of God available to everyone.
   - He was of the very highest enlightened level that ever was.
2. Jesus and other Ascended Masters appeared as other masters, visiting other cultural parts of the Earth in the form of their ethnic culture. (In our religion Jesus was white, they are suggesting that in Africa Jesus reincarnated as an African sharing the same messages. So we think we have many religions all over the world but really it was the same ascended masters appearing over and over spreading light.)

3. Each person is born into the world as a spiritual-based human being with the total power of God within, just waiting to be used as spiritual understanding.

- The Metaphysician is concerned with self-improvement through the study of how to use the universal laws taught by Jesus (and others) to lift themselves to a higher consciousness while on Earth.
- John 1:12 "But as many as received him, to them he gave power to become the sons of God, [even] to them that believe on his name."

4. As part of God, we decided to come here, and we collectively agreed on the lessons presented.

- When we leave, we will collectively judge ourselves and our performance, and continue towards a goal of perfect, complete love energy for the entire universe.
- **There are no accidents. Everything really does happen for a reason.**
- Everything happens for the benefit of those humans who are here to learn.
- It's a big school on many levels. Our time here is but a blink of an eye to the whole scheme.
- While we are here, we get help from others who have agreed to come with us, that perhaps are unseen.


- Do the clouds have sex organs? No.
- Is the air we breathe male? No.
- God is spirit, generic, and universal.
- Our reference to male/female is only relative to our time on Earth.
- That's why Metaphysicians refer to God as Mother/Father God or Spirit.
- Men and Women share a common spirituality that has not gender domination.

6. The devil does not exist in the classic sense.

- Hell and eternal damnation do not play a traditional part in the belief either.
- Religious leaders actually used this concept to control the masses.
- There is definitely a spiritual dark side.
- We have the power to create tragedy and negativity as much as love and healing.
- Casting out evil spirits is real.
- There are low unseen entities that will move into a negative space if invited.
- Deep depression and intense emotions like anger is a classic invitation syndrome.
- Sometimes it takes several of us together to accomplish a removal since the person becomes almost powerless.
- The absence of love is sin.
- Jesus gave us a way out of that but showing us how to raise our vibration and move into love which absolves all else.

7. **Meditation is central and a key foundation for being a Metaphysician.**

- Miracles are seen all over the world with a regular practice of prayer and meditation.
- Meditation is "listening" while prayer is "speaking/asking."
- Meditation is where you receive power, direction and intuitive information.

**Closing Thoughts**

- God is love and love is the most powerful force in the universe.
- As we approach the End of Time, love will replace law and grace as God's method of working on Earth.
- When we are finished the pure love energy will prevail.
- **Jesus as well as other great masters will walk on the Earth with humans again.**
- This will signal the lifting of the veil on the Earth while humans are still here!!!
- Our world is one of many to have this happen and each time it happens it's a *magnificent* event.
- No human really has any concept of how powerful the **LOVE** energy really is.
- Metaphysical Beliefs are also referred to as the **New Age** movement.
- Discernment is key - there are weirdos in this field. *Weed out the whacked from the true hearted.*

**Meditation Exercise:**

[Kryon Meditation Ch 4]: Centering (no meditation for ch 5)
Chapter 7: Writer’s Summary

Today's Affirmation: I am in tune with my life’s unfolding.

“The universe must be informed of what you need, and this is done by communicating to your guides or guardian angels.

Odd as it sound, all things non-spiritual must be asked for.

We Love You” ~ Kryon

Imprint

Is the spiritual "fingerprint" you are born with. It is represented at the cellular level, and interacts with your DNA along with your biology. It cannot be changed, but it can be affected or neutralized.

Analogy

The water pressure in your garden hose is always there. There is nothing you can do to change that. This pressure comes from a very large source and is always present. You can control it, or even void it completely, however, by installing a spigot. You therefore have added something in order to neutralize something.

Your implant is like the spigot. It tempers your imprint. Think of your implants as "restrictors" or variable controls on your imprint.

Implant

Are constantly changing, and are the universe's clever way of allowing your guides access to your "spiritual engine." The biggest use for the implant by the universe is to RELEASE you from your karma.

Your birth imprint may set you up as a hot-headed heavy-set sick person, but the implants can change that 180 degrees as you go through your karma.

Neutral Implant

Calling for the neutral implant is like asking the Universe for a RELEASE. This comes with new special master guides, that will give you a set of super neutralizing attributes that almost
void out all the life properties that your birth imprint gave you. This releases all of your karmic lessons and you gain more enlightenment and become balanced and healthy and prepare yourself to work with healing the planet.

Communicating with the Universe

- The universe is in tune with your spiritual needs and spiritual path but unaware of your non-spiritual needs.
- If you are literally starving, the universe is unaware of this.
- You need to be clear about what you "need" - don't assume they already know.
- Don't ask for specific scenarios - or you'll limit the result.
- Verbalize these things out loud to your guides, your angels...God (whatever feels most comfortable for you.)
- Always continue the communication like daily prayer but allow time for quiet listening as well.
- If you feel like things are moving too fast, just ask your guides to slow down.
- If you are getting headaches or there is intense pressure on your head ask the guides for a new implant to help you assimilate the new energy more easily.
- If you are having problems of any kind...ask your guides for the best way!
- Their real purpose is to help you realize (bring to fruition) the communication so that you can move through your karmic interactions better.
- The most important part of guide communication is LOVE.
- Visualize yourself in their arms embracing you with warmth and love - then start your communication.

Meditation Exercise:

Kryon Meditation Ch 4: Centering
Appendix A

Today's Affirmation: I am in tune with my life’s unfolding.

After the first year of publication of Kryon many letters came in requesting clarification so that’s what the purpose of this appendix is...to clarify some of the main issues.
Lee Carroll

I asked for the implant but don’t know if it was accepted.

- The very moment you read that you could ask for the implant, and committed to do it verbally, began the changes in your life.
- Your new guides had arrived and were standing by at the very time you expressed intent.
- You should look forward to a more enlightenment and a wiser feeling about those around you in the near future.

I am afraid of what will happen to my kids & losing my husband who is not spiritual.

- This implant is your REWARD.
- There is no sacrifice or suffering involved in this process.
- Those who leave your life will be the appropriate ones; the ones you are finished with; the ones who are here to complete karma with you.
- The transition period is difficult for some, those who are poised and ready find an easy transition.
- Children are yours "for the duration" of the rearing...what happens after they are grown is another story.
- They may receive their own enlightenment with your help - look into their eyes and try to "recognize" them.
- Ask for information from Spirit on this.
- As for your husband, his spirituality has nothing whatsoever to do with what will happen to you if you call for the gift of karmic release.
- What happens after the karmic release does not have to be negative.
- **If he is tolerant of your process and lets you alone in your personal quest, then it shows you the karma between the two of you is not of the kind that would remove him.**
- This experience will change you, and he may enjoy the change and comment on it, making the partnership better.
• He may fear the change...fear losing you and you simply need to stay in love and show him this is all good and there's nothing to fear.

I don't want to become a person without emotion. Will the karmic release make me passive? Will I laugh?

• When you receive the real peace of Spirit, you receive an empty emotional agenda.
• This does not mean that emotions are no longer there...it only means that you are now free to use them without wasting them on karma!
• No more worry or fear or anger.
• Only love, joy and laughter.

I am afraid I may cause pain to my family & kids if I ask for the implant.

• Your change will affect your children in a positive manner, which is directly in your contract.
• Instead of losing them or hurting them, you will be giving them a tremendous gift.
• The neutral implant changes YOU, which in turn affects others around you and makes you a co-creator with Spirit for the things in your life that you need.
• The thing that changes the most is FEAR.
• Fear of things that otherwise would send you into spirals of imbalance suddenly retreat from you, and you stand there wondering what happened.
• You will become balanced in the process as well which is a true benefit for your kids.

I am afraid to go through the challenging things the book said I might. I want the implant but I don't want darkness or depression. I am also afraid that I will lose my husband as well.

• It is common for the humanness in one to fear the astral, and this in itself is a phantom; something that is not as it appears.
• Do not fear the implant.
• It is the first step in greeting your higher self.
• You need not sacrifice anything to receive the implant and enlightenment.
• When you ask for the implant you are asking for your contract to be complete - no more karmic debt to pay off.
• Many times the implant enables you to become a more stable partner and enhances the relationship.
• Only those whose partners and mates were specifically there to play out karma will leave.

Meditation Exercise:

Kryon Meditation Ch 4: Centering

If you could ask the author anything - what would your question be?

Please take a moment to post your comments in our Facebook Group.