

..... there was a time when the mind didn't reign supreme. there was a time when the land of blue wasn't just blue. it was many things. there was a time when the mind didn't control everything, limit everything.

then along came, well, the headbangers, the ones who took energy, a lot of really intense energy, and put it into the minds of humans in such a way that it passed on to their children and their children, passed on generations and generations.

the energies were so intense on the mind that it caused the mind to go blue. even though all the other colors were there, the mind could only perceive blue.

and you, who I called the atlantean headbangers, were the ones that were such a part of this work. it wasn't malicious. it wasn't done with ill intent. it was done to try to make, well, all of us a community of one through the mind, through conformity.

but what it really did in the end was not only create an over-focus of the mind, but it also created such a belief in separation, almost a belief – that could never be wiped out – in separation from yourself, from your body, from your very spirit. intense energies that were put into the minds of humans, and it didn't take a lot, by the way. it didn't take a lot. they didn't have to go around to everybody in atlantis. didn't take a lot, but it created everything to go blue.

I guess you could call that oneness. I call it extreme limitation and separation.

the headbangers, the ones who went in and created this separation, limitation, and humans have lived with it ever since. in a way, it served a purpose. it was the experience of the I AM to be separate.

well yeah, the I AM would want to experience that, you know. it doesn't want to just experience all of itself, but to experience

separation. so, in a way, you headbangers did, I guess, a wonderful thing – created such a beauty of separation. but it was almost like sealed in and there's only one thing that can open it up, and it's not you. it's not the human. it's not your thoughts. your thoughts are going to get more and more blue, as you try to break through that barrier. you cannot do it.

you cannot do it. but this mysterious stranger shows up, this dr. agone, the dragon. it'll do it.

yes, you could argue philosophically it is you, but realistically it's not the human you that's going to come in.

you know in the story of the blue boss trying to control everything but knowing it was going to fall apart, the dragon's going to come in and, well, tear things up.

the dragon's going to bring you back to living energy, because you know when everything went blue, energy got thick, dense, almost like it really wasn't living anymore.

the dragon's going to come and blow that all up so the energy lives again.

so, dear atlantean headbangers, all of you, look what you did.

you have to be the first ones to go through this – call it the spiritual path or anything like that – you've got to be the first ones to go through it, because you're the ones who painted everything blue to begin with.

that's your massion. that's it right there.

let's take a deep breath together.

you, dear human, it's up to you to experience and to allow.
that's it.

let the dragon come in and do the work. let yourself come back
to living energy.

let yourself go from blue to the full spectrum of colors that have
always been there and then the new ones that are coming in.
but please, please stop trying to do it yourself.

I want you to really look at that. look at yourself, dear human.
you cannot do it. you cannot forgive yourself, and effectively
you cannot change yourself.

but you can allow ... and then let yourself go through the
experience of what it was like. that's it.

let's take a deep breath together in the glorious beauty of this day.
my dear atlantean headbangers.

don't feel guilty about it. it's ... eh, just receive the forgiveness.
don't go now having to make yourself suffer for doing that.

I'm going to explain more about this in upcoming shouds, kind of
what happened and how we're going to make it unhappen. let's take
a good deep breath together.