

A misty forest path with tall trees and autumn foliage. The path is covered in fallen red and orange leaves. The trees are tall and thin, with some having green needles and others bare or with sparse red leaves. The background is a soft, hazy orange and yellow, suggesting a sunrise or sunset. The overall mood is peaceful and serene.

Channelled wisdom

MOVING PEACEFULLY THROUGH CHANGING TIMES

Channelled by

Sue Boyle, Elaine Casey, Kim Chamberlain,
Susan Curtis, Susan Fromm, Lyn Herriot,
Gina Prendergast, Helen Scott, Lisa Williams

MOVING PEACEFULLY THROUGH CHANGING TIMES

Copyright © 2022 by Sue Boyle, Elaine Casey, Kim Chamberlain, Susan Curtis,
Susan Fromm, Lyn Herriot, Gina Prendergast, Helen Scott, Lisa Williams

Cover photo by [Johannes Plenio](#) on [Unsplash](#)

Layout and typesetting by Kim Chamberlain

All rights reserved. No part of this book may be used or reproduced in any manner without the written permission of the authors.



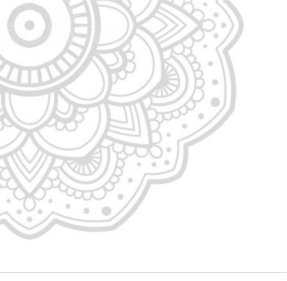
The wisdom in this booklet has been jointly channelled by a group of people in New Zealand, all of whom have been involved in spirituality for many years.

We came together for an evening, began with a meditation and connected with the appropriate guides who worked in harmony to bring us the information you find here. Some of the guides introduced themselves, some did not. Some gave short messages, some longer.

We hope you find the information beneficial.

Warmly,

Kim Chamberlain



I'm very excited to be here; my name is Joshua and I'm a professor of life.

You want to know how to walk these halls of changing times.

Learn to be still; learn to be at peace; learn to be at one with the silence.

Only then in silence can you hear what it is you need to hear.

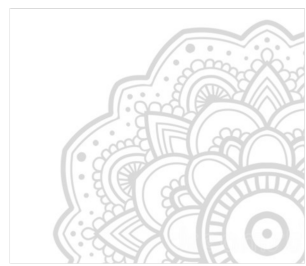
I do not mean my voice; I do not mean my lecture. I ask that you look with your heart in everything that you do to yourself, and to the person next door to you.

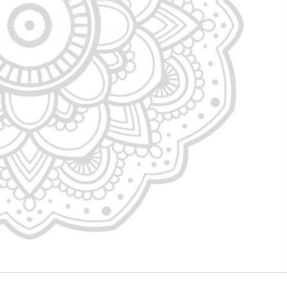
Open your mind.

Receive heartfelt gratitude from the person next to you. You need to take this for yourself, but you also need to pass it on. It's like buying that extra cup of coffee at the cafe that you don't drink – you pass it on to somebody who can't afford it. Just as you pass that coffee on, you must pass your love on, you must pass on any abundance that you have; you must share this.

You will all go through difficult times. It is now your turn to learn how to get us all through, and that is with love, it is with kindness, and it is with silence. Listen to the moment between moments, and there you will find the answer you seek.

I feel very excited for you, I feel very excited for myself. I think it is great that the energy in the world and in this forum is high. It's on a level that is akin to the most revered and learned people in our world. Those present and those past. But don't just look to yourself, look to others. Those who are with you, those who have passed, and those who are to come - and what you want to leave for them. This is your obligation, doing it from a core of goodness and heartfelt love.





We are the Council that brings forward messages for humanity.

We speak of the breath – what is within the nuances in the breath that will appease the fear energy, which appears to be the greatest interference to the peace.

Within the heart connection, the breath is the vehicle to connect to the centre of the physicality of the body which will automatically open the heart expanse further, to be in a more relaxed, natural nuance of frequency.

The old frequencies are now moving away from the fields of many people, and that change is now going to be looked upon and felt with more excitement of the unknown, which is what nature is wanting it to be.

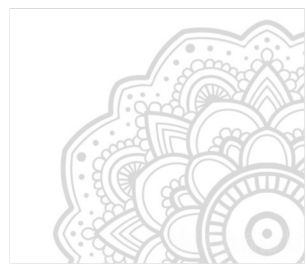
The mystery of life, the blossoming of the old ancient ways is coming forward onto the planet, and humanity will start to relax more into a comfortable position as long as they are witnessing from their heart and not their mind.

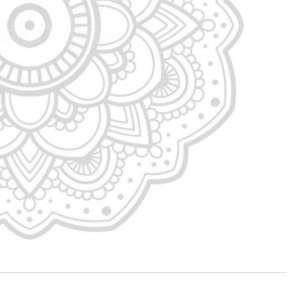
This will be an automatic reprogramming that will happen, and with an element of observation of self will create the flow. So, through the breath, the flow, the interwoven connectedness of the natural changes within the physicality will open more of the peace, the deeper relaxation of the natural being that has not been able to exist in the frequency that has been on the planet for so long.

The foundation has been set from beyond; the frequency on the planet is ripe for this change. There will be no fear, it will dissipate, as long as one takes immense responsibility, using breath to go inward, relax deeper – allow the interwoven connections to find their way and anchor it through nature, through embodiment on the planet. We have been gifted the most beautiful planet, and Gaia – Mother Earth – she knows how to support each being on the planet. We're talking of all of one – nature, plant life, human and animal life, elementals.

It's about trusting the process and most of all enjoying it - lightening up; we are all lightening up. It's about finding a smile, a dance with this lighter rhythm so that there is joyfulness rather than what we have known for so long.

We're not going back; we *are* moving forward. It is time to celebrate.





I am the representative of the Collective; the name will be known as Ukar.

The question you pose is an interesting one. For each of you earth beings, you overlook your inner light and the light that exists, and yet can so easily be dealt with

The beings that you are, means that you have a propensity to always look forward, to be reaching for new heights, new challenges, even new beginnings.

However, a question to ponder is if you are forever searching, forever looking, are you ever truly where you need to be?

I hear this word that is talked of frequently, this emotion of fear, an energy that will get hold of your inner being and paralyse you. It is important you use your inner senses to ensure you shine your own light, the light of the great creator. This is indeed the most important time of your human race. There has been great work in ascending the consciousness, the collective energy of hope and peace, but there is much work to do.

For each of you have the gift inside of you, of your inner senses to trust what you already know, to trust what your soul tells you, to trust your guides, to trust your own knowing.

It is simply not enough to listen to those around you; it is for you to have your inner voice.

It's for you to shine your light. The gentleness of persuasion, of encouraging those around you to shine their light is important.

This will help you overcome your fear. This will help you move freely. This will help you think freely. This will help you to be free.

So searching for those bigger questions can actually be a hindrance, for the power you have now in this moment is very clear.

Each and every one of you has a role. Each and every one of you has a purpose. Each and every one of you has choices to make.

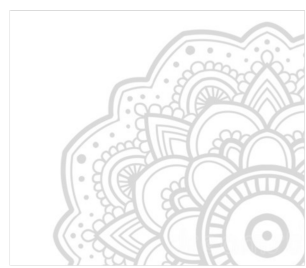
The darkness stays there. The darkness waits. And that - that will overcome the darkness - is that of light.

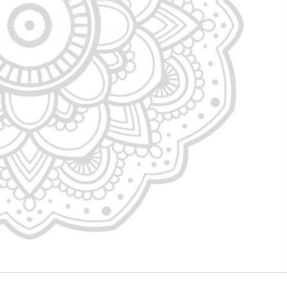
Trust that these challenges are not forever and the power of your future as a collective is very much in your control.

So how do you shine your light? Be hopeful, be joyful, sing, smile, share your thoughts, share your love, share your passions.

Do not hold back for the sake of offending someone else. Simply be who you are in the trueness of your light.

There is much work to do.





We thought you wouldn't call for us again and here you are. We're always here to help you when in need of advice from the Spirit World.

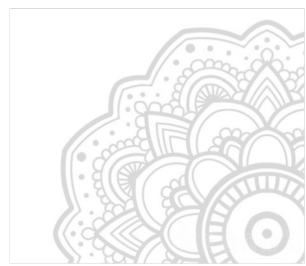
You ask about the earth plane's changing times. This can be helped with losing the stress element of this world - not easy to do we know; however, stop thinking about the not so good things going on and concentrate on the good.

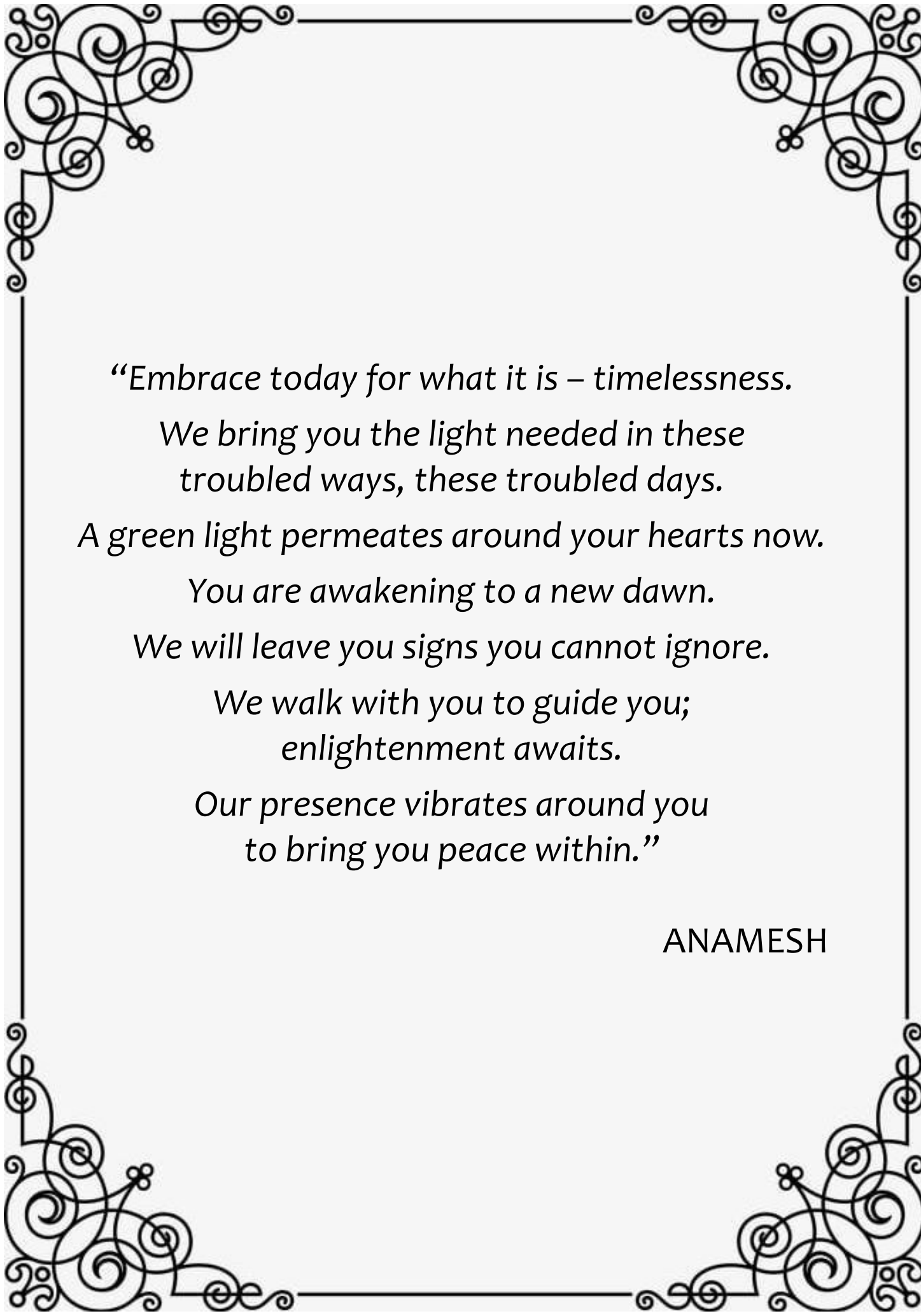
Practice, practice, practice is what you need, to learn how to channel and listen to answers to questions you are asking.

Move into living in peace and tranquillity and don't get tied up with unhappy situations or others making judgements on people.

There is no time to do this as you and your other beings need to concentrate on love, peace, happiness and see the world through our eyes, our spirit eyes and see all the good works going on your earth plane. Try to stand still and smell the goodness going on and stop smelling the fear.

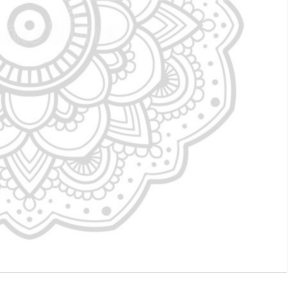
Go forth and surrender yourselves to what you want to happen to improve your world.





*“Embrace today for what it is – timelessness.
We bring you the light needed in these
troubled ways, these troubled days.
A green light permeates around your hearts now.
You are awakening to a new dawn.
We will leave you signs you cannot ignore.
We walk with you to guide you;
enlightenment awaits.
Our presence vibrates around you
to bring you peace within.”*

ANAMESH



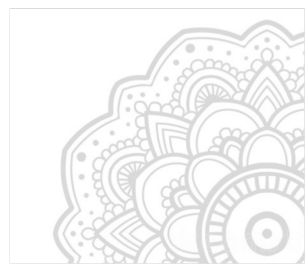
We each have a light inside of us. Breathe the air onto the flame and watch your fire grow and your light shine.

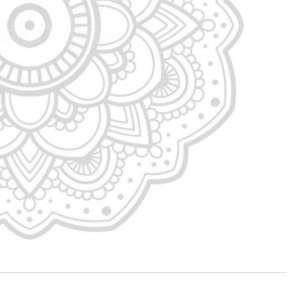
You cannot build a bonfire without a spark – and then breathe onto this.

Slowly build the fire with fuel – your knowledge and your learning. Your fire will ebb and flow as the tides and the pull of the moon waxes and wanes. Know that you control the flame.

Be a beacon of light for others to aspire to ignite the light in themselves.

Your heart is aglow in spirit's light, a bright burning light that keeps you safe.





Walk slowly. The world likes us to rush, but when we rush, we lose our feet's connection to the earth.

We lose part of our essence when we do that. We lose part of our soul; we lose part of our connection with ourselves, with the earth, with others. We just lose.

Rushing is never the way. Rushing is a man-made concept.

The true nature of the true way to pass through this earth as your human incarnation is to truly connect. Truly connect with yourself, with your god-like self, with the god-like self of others that you interact with, of others you know and may interact with, and of the earth.

The earth has been formed with an extremely special energy and you have been chosen to be one of the people who walk on the earth so that you can absorb the earth's energy and format it in a way that will be of benefit to those humans who are existing in this world at the same time as you.

You each have something to contribute to the world through the energy that you absorb from Mother Earth. It intermingles with the energy you have brought from the Spirit World and from your previous incarnations.

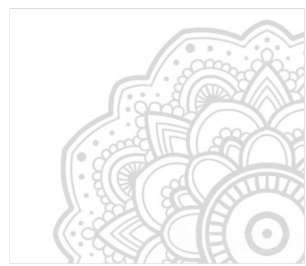
Connection is the way. Speed is not the way. Speed is a smokescreen. Speed allows energies that are not positive, to infiltrate. When you slow down you protect yourself against those negative energies. When you rush you are caught up in the whirlwind of those energies that circle the globe constantly.

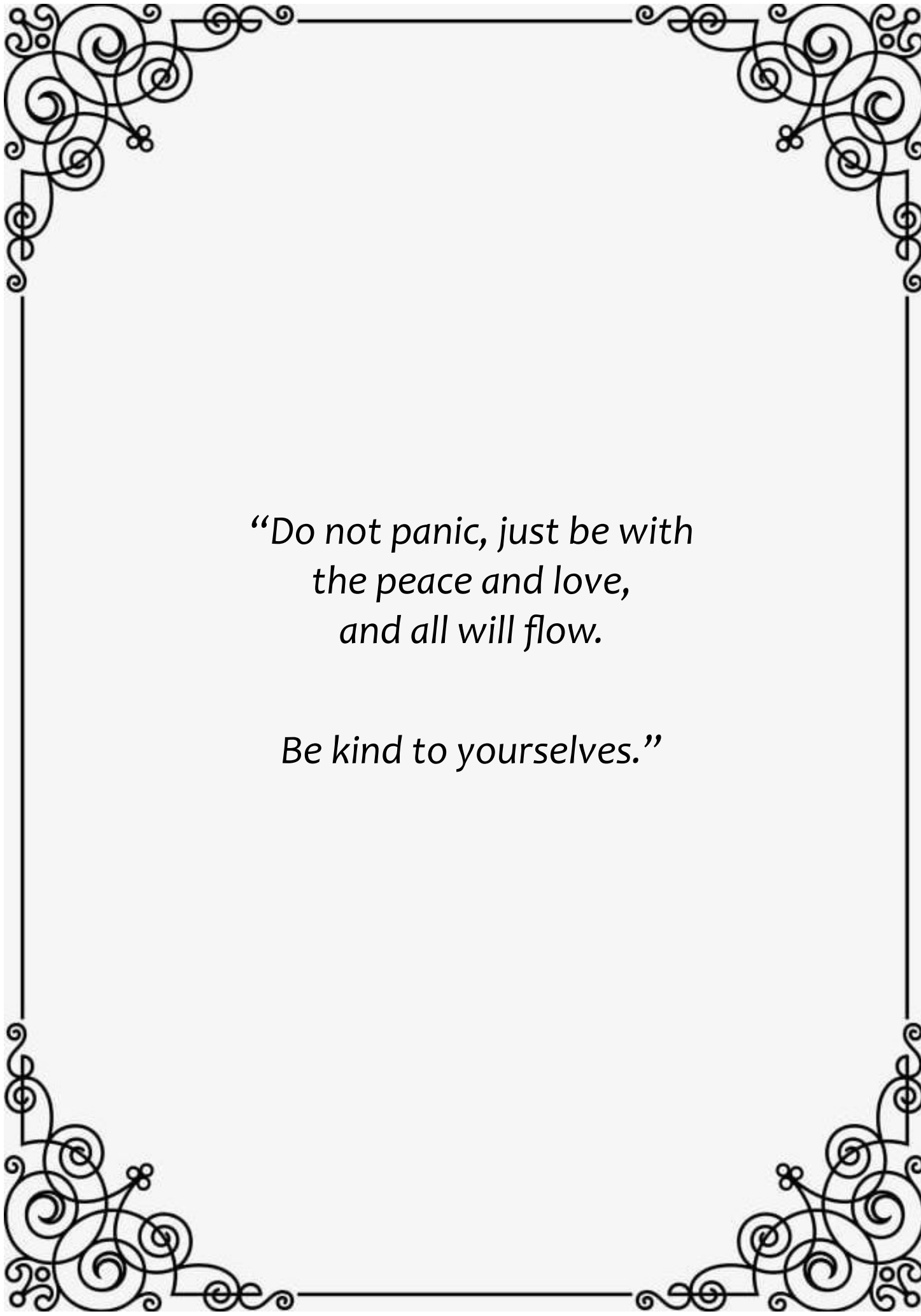
The more that the world's population slows down, the more connection we have.

Speed and connection are what we are asking you to be aware of as you continue your human lifepath.

Do not be tempted by the negative energies that are asking you to go fast and in a variety of directions. It is never for your own good, it is never for the good of the others around you, and it is never for the good of the planet. Do not be tempted by speed.

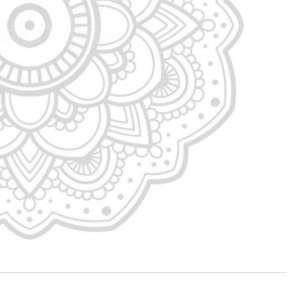
Walk slowly, walk gently, and walk in a very connected way through your earth's path. It will be of much benefit.





*“Do not panic, just be with
the peace and love,
and all will flow.*

Be kind to yourselves.”



This is Ah-ie, from near Andromeda, and this is the Green Tulip Method.

It is about beginning or catalysing the speed at which you create your own frequency beds. This will help you feel at peace through these changing times.

The Method is to take 22 breaths inside of 22 stones for 22 days.

Take time to go out in nature and collect stones - or pebbles, driftwood, or shells.

Place 16 stones in a large circle that you can lie in.

Within these 16 stones, place the remaining six stones in the outline of a hexagon, big enough to lie in so you deeply connect in with Mother Earth and the universe.

Before you lie in it, you need to place the first offering - structured drinking water - into your earth. It can be into the soil, or onto the beach, or if you are inside, into a pot plant.

To structure your water, hold the water vessel while being 'in' gratitude - an easy way to do this is to say, "Thank you, thank you, thank you". Say to the water "you are structured by the Universal Life Force to reconnect my DNA, to heal, and to harmonically balance all that you flow through"

Lie down within the hexagon. *(Refer to diagram on next page)*

Take deep breaths; slow down your nervous system; slow down your breath, aiming to get down to a very slow breath rate – a slow, steady rate.

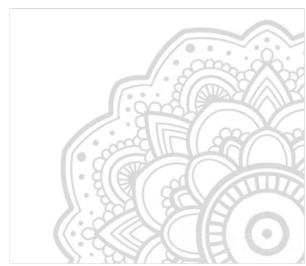
You are in 22 stones, and you count your breaths in lots of 22. When you get to 22, start again, counting from one, for at least 16 minutes or longer. Do this for 22 days or longer. The frequencies will continue to build over time within this stone geometry.

The intention behind it is to create frequencies by asking the universe to provide the frequencies through this geometry and through you, in order to bring your own wellbeing into balance, however that is for you. You start the essence or structure of your own frequency healing bed.

This is to start to remove your need for external resources, people, and medical professionals that you need to keep you well.

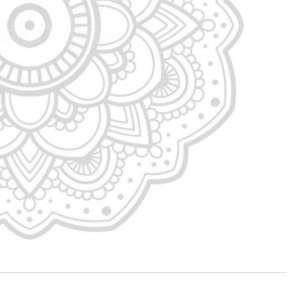
Over time you can learn how to generate your own frequencies through geometry, through intention, through connecting with other beings within the universe, that keep you well, keep you vibrant, and keep you feeling at peace and at ease. That they also allow you to flow through your life that you've been contracted to do and live your purpose.

This is the beginning of bringing in the frequency beds for you.



Green Tulip Method





There is always change on earth, it's not a new thing. The nature of this planet is about change.

It is as a result of cause and effect. All of these troubled times and changing times is a process we have created. It has to work its way out.

Those who have a knowledge and wisdom of spiritual forces, power, feeling and love, will have to be the tuning forks, the radio stations that will generate this frequency – a term you have used a lot - which will permeate everything and help unskilled people to automatically and unconsciously harmonise with the new energy of peace and love.

This process has been going on for a while and it has become more and more efficacious at this time.

Those with the knowledge know that peace is the only way through troubling times of change, unpredictability, and the unknown.

We have always been here; this is a blip on infinity. To you it seems to be huge, but we have a perspective on infinity on our side. So, keep it in proportion.

Keep on with the work you do to learn and help each other out. Just by default, all of you have ushered in a change to allow those yet to come in earthside to be able to manifest their surprising new types of energy. This has been your job to raise the powerful vibration here to allow the stream of gifted souls to come in at a higher vibration. Ascension is what it is about. It's nothing highfalutin, it's quite practical.

Keep on transmitting and changing, just having your knowledge and thinking about it does enough to help many others in the dark. We give you our blessings.

There are many countermeasures being taken to speed up the process of change here to allow you to move through quickly in order to decrease the amount of suffering for those who are not so fortunate to be living in this country.

God bless you. Peace go with you.

