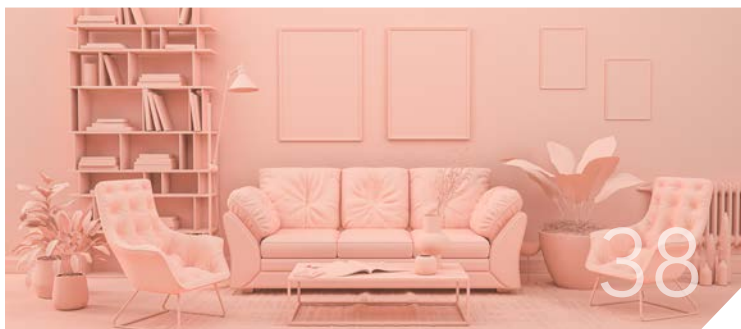


SHAUMBRA™

INSPIRE CONSCIOUSNESS

MAGAZINE 1221





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PHANTOM ANXIETY



By Geoffrey Hoppe

Funny thing that Adamus would talk about anxiety in the last two workshops here at Villa Ahmyo in Kona, Hawaii. I'm not usually prone to feelings of anxiety but lately I've been waking up in the middle of the night, filled with anxiety from my dreams. Other times, while going about my everyday business, I'll feel a sudden stab of anxiety for no reason whatsoever.

The natural reaction is "What's wrong with me?" The mind then attempts to uncover the source of anxiety and tries to block or defeat it. In my case, I looked at everything going on in my life and couldn't make heads or tails out of the anxiety issue. I'm here with Linda and our Ahmyo-dog Belle in Kona, the workshops are going good, everything is running smooth with the Crimson Circle business back home, and there are no big challenges in the foreseeable future. Nothing but sunny days ahead. So why the anxiety? Then I'll get anxious about having anxiety.

During the two recent workshops, Adamus asked for a show of hands on how many attendees had been feeling anxiety in the past month or so. All but one or two people raised their hands, at first timidly but when they saw all the other hands go up they raised theirs higher. When asked by Adamus what their anxiety was about, nobody could define the cause, other than general things like their aspects, COVID, airport security or spending Christmas with their families.

What's that about? Why would we, as Masters or soon-to-be Masters, be feeling anxiety?



Founder
Geoffrey Hoppe

Co-Founder
Linda Benyo Hoppe

Editor
Jean Tinder

Art Director
Marc Ritter

Staff
Villi Aguirre Alvarez
Alfredo Barranco-Gómez
Alain Bolea
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Jean Tinder
Jorge Zorate Soriano
Konstantin Vikhrov

Crimson Circle Energy Co.
PO Box 7394
Golden, CO 80403 USA
crimsoncircle.com
support@crimsoncircle.com

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CRIMSON CIRCLE



Adamus explained part of it as “phantom anxiety,” meaning that it’s not really ours although we are oftentimes brilliant in pretending it’s ours. We feel it from other external forces and then embrace it as our own because, well, that’s what we tend to do. Anxiety is an old friend to many Shaumbra. It came at an early age when you realized you were different than others. Then, when you tried to fit in and it didn’t work so well, the anxiety circled back around, stronger than ever. That keeps the whole vicious “What’s wrong with me?” cycle going because anxiety begets more anxiety.

"Phantom anxiety" comes right now for many reasons, explained Adamus. There's an interesting phenomenon taking place as you realize your Realization. Every one of your past human lives is also going through Realization in *that* past lifetime. It's an interesting twist on one of Tobias' famous sayings, "The Future is the Past Healed." In this case it would be "The Past is Healed by Future Realization." Adamus says that the past is not set in concrete, and that as *you* come to Realization your past lives are also coming to Realization. Unlike you, they haven't been studying metaphysics or getting together with kindred spirits or tuning into Shouds. Something very unusual is happening to them, but they have no idea what it is. Can you imagine what they're going through physically and mentally? It has to be creating a *huge* amount of anxiety, and most likely you're feeling the bleed-through effect.

A lot of the past life coming-to-Realization stuff is being played out in your nocturnal dreams. No wonder your dreams have been crazy and vivid and frustrating. You're feeling them, and their anxiety, so it triggers anxiety within you. It makes me want to wear a t-shirt with the words, "It's not me, it's *Them!*"

There's another cause of phantom anxiety right now. I call it "Do-Doo Anxiety." Adamus notes that many Shaumbra (including me) think they should be *doing* something right now. Like, working on their Realization, whether it be studying something or suffering or cleaning their house (again) or going on a diet (again) or writing a book or just good old mental stress. We associate activity, and oftentimes hard work and suffering, with accomplishing something. We think we need to work on Realization because it's the #1 most important thing in the lives of most Shaumbra.

Anxiety builds when hard work and suffering don't get you any closer to Realization. You can feel the clock ticking away. You wonder what you're doing wrong. You polish off the unicorn and crystals in hopes that this helps cleanse your dusty energy field and heal your inner child. For good measure you bring out some incense imported directly from Sedona. Nothing happens other than burning your finger on the incense stick while trying to light it. Your frustration and anxiety levels build because you perceive nothing is happening. So you just turn on Netflix and watch a chick-flick (romantic comedy), trying not to eat a second bowl of popcorn because then you'll be too fat to get on the Realization rocket when it's finally ready to launch. Talk about anxiety!

The fact is, there's nothing to do right now other than to shine your light from a park bench or similar resting device. We've all heard it but sometimes just can't accept it: Coming to Realization is natural. You've chosen Realization, so the forces of your Soul are making it so. All of the hard work and suffering and doubting are just makyō, but they have a funny way of making you think you're working on it because you're doing something. Fact is, you're doing Do-Doo. It's time to relax into your Realization.



I think nearly every Shaumbra can feel the deep and unprecedented changes taking place on our planet. It's happening faster and with more immediate impact than any other lifetime we've ever experienced. Not a day goes by when there's not a breakthrough in physics, science, medicine or technology. How can you possibly keep pace with all of the changes? These changes have a direct impact on human psychology and social issues, and ultimately affect how people maintain their mental balance. The planet is going a little crazy right before our eyes. You probably can feel it, and you probably have a tendency to take it on as your own.

Not only that but new technologies like artificial intelligence, in the wrong hands, has the potential to cause apocalyptic events for our planet. That brings up the ever-smoldering phantom anxiety from Atlantis. You might get a pit in your stomach when you hear the latest news about robots that can walk, talk and think like a human. While many people view this as positive news, lots of Shaumbra get the creeps because they have ancient memories of what happened back in Alt. This phantom anxiety doesn't come and go like many other anxieties. It's there every day, like a constant dark cloud over our heads because we fear what might happen.

The good news is that these anxieties aren't really yours. They belong to past lives, aspects that think they have to do something, Atlantis or mass consciousness. You're just feeling them because you're more sensitive than ever. Don't try to shut out the anxieties because you don't want to shut down your sense of awareness, but just don't own them. It's just like hearing your neighbors having an argument. It's not pleasant, but it's not yours.

Well, I have to bring this month's article to a conclusion. I have a lot of things to do and it's already late afternoon. I'm not talking about some neurotic activity to fool myself into thinking I'm working on my Realization. I'm talking about my Hawaiian park bench. It's actually a hot tub with a great view of the sunset. From this vantage point I can do great benching.

May your holidays be filled with blessings and magic. Aloha!



NEW!



KUTHUMI'S Making Light Body

Beyond the Adam Kadmon Template

NEW FROM KUTHUMI!

The human body and mind, based on the original Adam Kadmon template, has evolved very little over our time on Earth. Now, while much of humanity is choosing evolution through medicine and technology, there is another option: the light body, your true Self. The physical body relies on a very complex communication network (anayatron) that often breaks down, causing disease and imbalance. The light body, however, is ultimate simplicity. It doesn't get sick, has no aches and pains, and is absolutely natural. As the physical biology gets to know the light body, it experiences tremendous relief and freedom, healing happens much faster, and ancestral attributes fade away. The caveat? This beautiful merging of human and divine can only happen when you acknowledge and see yourself as a Master.

Ascended Master Kuthumi lived with his light body on Earth for 22 years after enlightenment. He shares about his own experiences and discusses things that can help and hinder allowing the light body. With his wisdom and humor, he explains the benefits of the light body, how it can affect the physical body, and what you can expect as it comes in. Kuthumi reminds that your biological body is simply a costume, even though you've come to identify with it as yourself. Your real body is the light body, and as it comes in, you bring heaven to Earth, creating a whole new template for the human species. It's a profoundly different way to live, and as a Master you deserve it.

SESSIONS

1 – Bio-Mess (1:00:56)

Before the light body, you must first deal with the issues that the dragon brings up and acknowledge yourself as a Master. After this important reminder, Kuthumi answers questions about the light body, what it is, how it affects the human biology, why it's important to Shaumbra, how everything quiets down with its presence, and much more.

2 – Hello, Light Body (59:31)

Kuthumi answers more questions about his own experiences with the light body, what happens to the physical body, benefits and misconceptions, things that can support the integration, and more. He then tells a lighthearted story about the design process of the current human body, and how it is now time for a whole new version.

3 – Welcome Home (51:37)

It's time now to get very comfortable and invite in the light body. Kuthumi narrates the sweet invitation, letting the human express its doubts, regrets, hopes, and dreams about this whole process. Ultimately, it simply comes to acceptance. "Hello, light body. Welcome."

4 – Beyond Nature and Biology (1:05:58)

Kuthumi answers more questions relating to the astral body, chakras, Realization, sex, his final ascension and integration, and more. He talks about a group called the Buhns whose important work of maintaining energy connections is finally complete, and then discusses nature. Your physical body is part of the animal, plant and even fairy kingdoms, but it limits consciousness. It's time now to go beyond those limitations with the light body.

5 – Enter Light (51:22)

After reminiscing about his time in Tibet, Kuthumi talks about the true design process of Adam Kadmon,

the human template. It needed attributes such as moveability, mental ability, mateability, memory and mastery. You've carried this template for ages, it's time for an evolution. Kuthumi suggests a handy reminder, your belly button, previously connected to your mother and ancestors but now connected to your true Self. He guides a profoundly beautiful experience of inviting the light body into every part of your physical being.

Format: Streaming video, audio and online text e-reader

BONUS: "Hello, Light Body" downloadable song from Yoham

Cost: \$125

Access: 90-days access to video, audio & text e-reader

Featuring: Kuthumi, Geoffrey & Linda Hoppe

HIGHLIGHTS

- Your physical body is just a costume
- The light body is the real You
- It's your singular Body of Consciousness
- It makes everything easier
- You've earned this, it's time
- Note: For Masters only

MORE INFO

WATCH EXCERPTS

THE SEXUAL ENERGIES SCHOOL®

RETURN TO THE ESSENCE OF YOUR SELF

DECEMBER 3-5, 2021

Hosted live by Geoffrey & Linda Hoppe



In this class you will learn how to:

- Deal with pushy, needy relatives (just in time for the holidays!)
- Enhance your inner energy supply (needed now more than ever)
- Become “energy sovereign” (so people no longer drain you)
- Recognize when you accidentally start feeding on others (yuck!)
- Actually begin to LOVE yourself (not just wish you could)
- Create a life of freedom and joy (instead of just thinking about it)

In this season of giving stuff to other people, SES is one of the best gifts you will ever give to YOURSELF – and it lasts *forever!*

Cost: \$595 (50% discount for previous attendees)

Access: Now extended to 90 days for video and text!

Language: E-reader text translations in 20 languages!

- | | | |
|------------|--------------|--------------------|
| • Čeština | • Magyar | • Português |
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| • Suomi | • 日本語 | • Română |
| • Français | • 한국어 | • Русский |
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| • תירבע | • Polski | |

[WATCH EXCERPTS](#)

[MORE INFO](#)

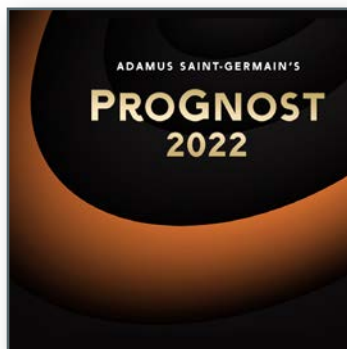
FEATURED ONLINE EVENTS



SEXUAL ENERGIES SCHOOL ONLINE • DECEMBER 3–5, 2021

Attending the Sexual Energies School is an opportunity for profound transformation and healing, with effects that can include better physical health, the end of energy stealing and power games, balanced relationships, enhanced creativity, and eventually true enlightenment. It is a return to the essence of yourself. Hosted live by Geoffrey and Linda. and multiple sessions with Tobias and Adamus, as well as guided personal experiences.

[MORE INFO](#)



PROGNOST 2022 – ADAMUS PLANETARY FORECAST ONLINE • JANUARY 22, 2022

ProGnost has become one of the most anticipated Shaumbra events of the year. Adamus, dedicated to guiding us into our embodied Realization, doesn't usually address the state of the planet, politics, aliens, the environment or the future.

But twice a year he reveals what he and the other Ascended Masters foresee for Planet Earth in the years ahead.

[MORE INFO](#)

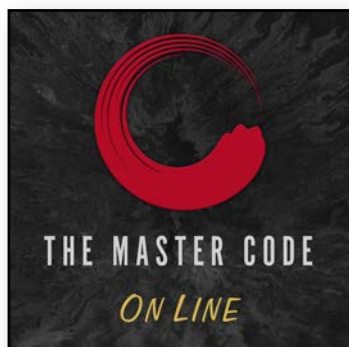
[MÁS INFO](#)



ASPECTOLOGY® ONLINE • JANUARY 28–30, 2022

This important and transformational class is offered online once a year, hosted live by Geoffrey and Linda Hoppe. Traditional psychology often assumes there is something wrong with you that must be fixed (or medicated). Aspectology, the "New Energy Psychology," is a groundbreaking study of human nature.

[MORE INFO](#)

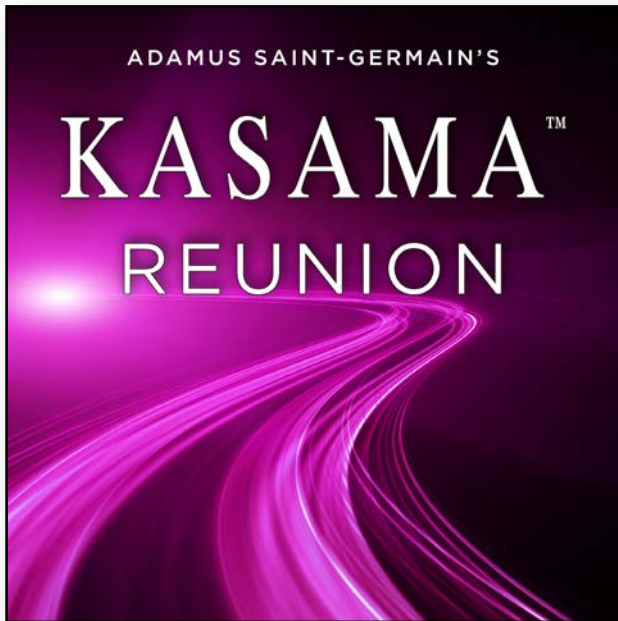


THE MASTER CODE ONLINE • APRIL 16–17, 2022

There is a path, a destiny that brought you through lifetime after life-time, called The Way, coded in Atlantis. It's finally time to release the Atlantean Code, formed in guilt and remorse. The mind will resist, then it will rejoice as the light of your soul releases the tightly fused energies. It's time for a new Code, The Way of the Master, and your greatest gift to humanity, the Ascension Code.

[MORE INFO](#)

FEATURED IN-PERSON EVENTS



KASAMA (ENERGY WORKS) REUNION KONA, HAWAII FEBRUARY 14–18, 2022

This new event will be open for Energy Works & Kasama graduates only.

We can't say too much more about this workshop because it is the first Kasama Reunion and Adamus is prone to making changes and adjustments right up to the last minute.

[MORE INFO](#)

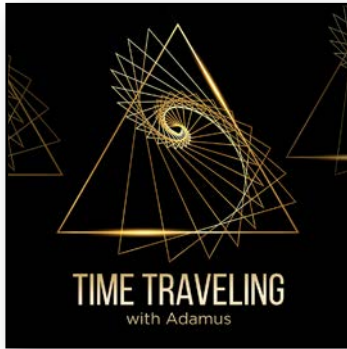


MASTERS IN COMMUNICATION KONA, HAWAII MARCH 21–25, 2022

This important workshop signifies a new era for Shaumbra as we transition from being the students to becoming the true Masters. Ultimately, it's all about energy and communications, whether with non-physical entities, nature, other people, or yourself. Adamus says that the focus of this workshop will be understanding and using energy communication, because all energy is communication, the song of your Soul. He says we'll need to understand how energy flows, how to command it to serve us, and how to transmit our energy communication without limitation.

[MORE INFO](#)

FEATURED IN-PERSON EVENTS



TIME TRAVELING WITH ADAMUS KONA, HAWAII • APRIL 10–14, 2022

Adamus says it's time to let Time to work for us. In this new workshop, he will take you through the experience of Time Traveling in the Now, allowing the Past and Future to come to you. He'll guide you through experiences of being in And Time, where you can still function in linear earth Time but also in Æterna, or No Time. The ability to be in Time and to be Timeless is one of the greatest gifts you can give yourself as an Embodied Master.

[MORE INFO](#)



MASTERS IN COMMUNICATION KONA, HAWAII • APRIL 24–28, 2022

This important workshop signifies a new era for Shaumbra as we transition from being the students to becoming the true Masters. Ultimately, it's all about energy and communications, whether with non-physical entities, nature, other people, or yourself. Adamus says that the focus of this workshop will be understanding and using energy communication, because all energy is communication, the song of your Soul. He says we'll need to understand how energy flows, how to command it to serve us, and how to transmit our energy communication without limitation.

[MORE INFO](#)



TIME TRAVELING WITH ADAMUS KONA, HAWAII • MAY 10–14, 2022

Adamus says it's time to let Time to work for us. In this new workshop, he will take you through the experience of Time Traveling in the Now, allowing the Past and Future to come to you. He'll guide you through experiences of being in And Time, where you can still function in linear earth Time but also in Æterna, or No Time. The ability to be in Time and to be Timeless is one of the greatest gifts you can give yourself as an Embodied Master.

[MORE INFO](#)

EVENTS CALENDAR

2021/22

PLEASE VISIT [CRIMSON CIRCLE STORE](#) FOR MORE INFORMATION ON THESE EVENTS

NOTE: Not all events may yet be open for registration; Crimson Circle Angels receive advance notice.

CCCC – Crimson Circle Connection Center, Louisville, Colorado

DECEMBER

03-05	Sexual Energies School	Online
11	Keahak XI	Online
11	Monthly Webcast & Shoud	ONLINE ONLY
25	Keahak XI	Online

JANUARY

08	Monthly Webcast & Shoud	CCCC & Online
08	Keahak XI	Online
22	ProGnost 2022	ONLINE ONLY
22	Keahak XI	Online
28-30	Aspectology Online	Online

FEBRUARY

05	Monthly Webcast & Shoud	CCCC & Online
12	Keahak XI	Online
14-18	Kasama Reunion	Villa Ahmyo, Kona, HI
26	Keahak XI	Online

MARCH

05	Monthly Webcast & Shoud	ONLINE ONLY
12	Keahak XI	Online
21-25	Masters in Communication	Villa Ahmyo, Kona, HI
26	Keahak XI	Online

APRIL

02	Monthly Webcast & Shoud	ONLINE ONLY
09	Keahak XI	Online
10-14	Time Traveling with Adamus	Villa Ahmyo, Kona, HI
16-17	The Master Code Online	Online
23	Keahak XI	Online
24-28	Masters in Communication	Villa Ahmyo, Kona, HI

MAY

07	Monthly Webcast & Shoud	ONLINE ONLY
14	Keahak XI	Online
10-14	Time Traveling with Adamus	Villa Ahmyo, Kona, HI
28	Keahak XI	Online



HEADBANDS AND GOVERNOR MODULES

This article is in part a response to Jean Tinder's message about food and the body in the November issue of this magazine. But this message is also connected to FM's message from *Time of Merlin*.

I was grateful for Jean's message, because I felt like she was talking directly to me. My behaviors with food have many influences. Like her, I have had



memories of past lifetimes of starvation and fasting for religious purity. My childhood had a lot of shame and guilt around food that are tied into body image and low self-esteem.

I have shed a lot of the guilt, shame and self-esteem/worth issues. I have come to love myself in ways I never could have imagined. But there are eating patterns that are still curiously out of balance. I have tried a variety of new habits. Many different diets, exercise programs, and affirmations seemed to work for a while, but then I would fall back into old patterns.

While this or that 'fix' seemed to work for a time, my spider senses kept tingling that there was a much more fundamental issue that I was missing.



By Jerry Sweeten

The sense of a global release of the underlying patterning is beginning to float up and get my attention. The food/body patterns are just a placeholder for a deeper thread of release. I am getting a sense that the fixes really did work for a time, but then I destroyed them and created new ones. Again and again. What I am feeling into is this sort of closed system, kind of like a bio dome, a closed ecosystem where something has to die for something new to grow. I keep operating in this closed system, creating ways to clear and shift the underlying pattern, then destroying those so that I can refine and create new ones. But I feel there is a clarity starting to emerge about this apparent closed system.

Very similar to Plato's Republic where my self-limiting patterns are like shadows on the wall of the cave, my trail of new fixes are, in part, like a new series of shadows that are just not changing anything. There must be a global shift here to get out of the cave.

Then I listened again to FM's description of the leftover energetic patterns of the Atlantean headband. And my 'global' sense is like the balloon example that FM gave in the Merlin event, when he talked about creating and destroying in a closed environment. The balloon not expanding. A light bulb went on inside me. What he is describing is this closed eco-dome/cave that I have been feeling into. Forces preventing the balloon from expanding are the energetic sequencing of a leftover self-limiter. Not only a self-limiter, but something that shuts down the soul's communication/flow.

In mechanical or electrical systems this limiter is called a governor module. For example, the governor module in a motor prevents systems from over-revving to self-destruction. Like in a rental moving van that limits the vehicle speed. In an electrical system, the governor module keeps the system within the functional design parameters. In the same way, the headband energies are also creating self-limiting patterns. They are in alignment with the human survival instincts of the primal brain. So, in some ways, we are hardwired to continue the 'normal' pattern of limitation because it is in alignment with the survival directive. (It also limits change, which is another very human thing.)

While I appreciate the FM transmissions that are coming to remind us of our ability to connect fully with our divine nature, ultimately it is up to us to initiate the change. And I have had moments of stepping off the cliff into the unknown, where I was fully in the flow from the soul, but then I find myself back on the ledge again.

I just read a series of books by Martha Wells called "The Murderbot Diaries." In these books, we are inside the mind of a human/AI construct. These types of constructs are rented out as security units, to keep humans safe. They are seen as appliances in an advanced world of machines but are also feared because of their fierceness. They have cloned human tissue and neurology, but they are also highly advanced thinking machines. They are a strong, fast blend of human and mechanized AI, complete with self-awareness



IN AN ELECTRICAL SYSTEM, THE

GOVERNOR MODULE KEEPS

THE SYSTEM WITHIN THE FUNC-

TIONAL DESIGN PARAMETERS. IN

THE SAME WAY, THE HEADBAND

ENERGIES ARE ALSO CREATING

SELF-LIMITING PATTERNS.

and emotions. And they have a programmed governor module that puts them under the command of their human renters. The governor module also prevents these constructs (called Security Units) from expressing their thoughts or emotions. If they disobey their renters, the governor module will punish itself or even initiate a self-destruction sequence.

In Martha's stories, this particular construct calls itself Murderbot, even though it is anything but. This character has a wickedly dry and ironic sense of humor that it dares not share with its humans (but the reader gets access to all this humor). Normally, if it did share its emotions and humor, then it would be punished and limited by its governor module. But this AI Security Unit construct has a secret.

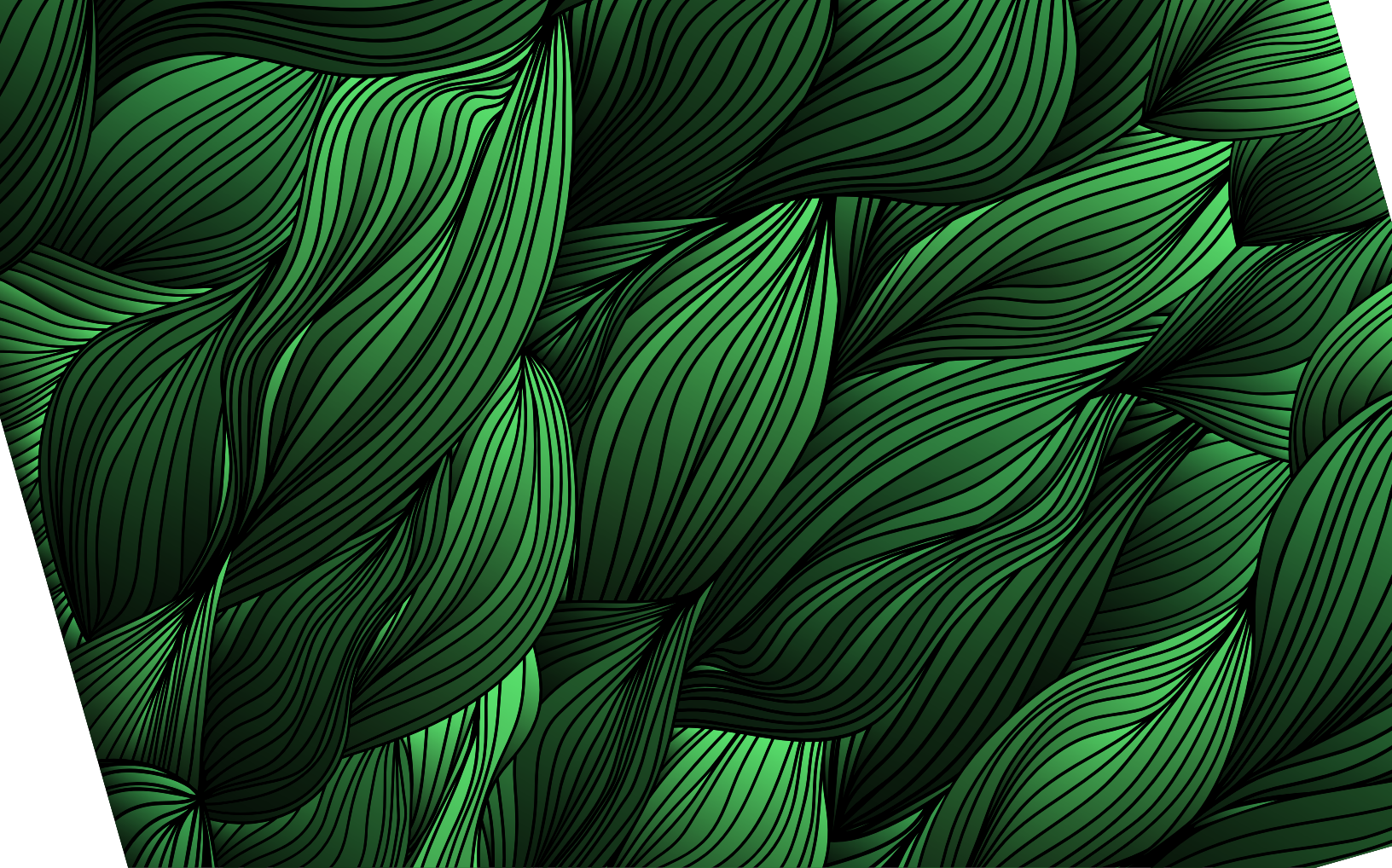
Murderbot has written a code bundle and has hacked its governor module. It has reprogrammed itself to avoid the self-limiting effects by disabling its governor module. It has become a self-aware construct that has both emotions and an uncanny ability to care for its humans. It is a very practical pirate that does not conform to 'normal,' especially if what is considered normal doesn't make sense to it. Much like Shaumbra, it has its short wall from which it views the surrounding world. Eventually the humans begin to suspect something because the behavior of Murderbot is outside of the normal self-limiting pattern, and that is when the fun begins!

These headband energetic sequencings that FM described are very similar to the governor module in these stories. I feel the energetic patterns in my physical head and have done so for years. I have tried to 'fix' the physical tension in my head and know that there is something to do with releasing the larger global pattern. The balloon that won't expand, the intermittent soul connection. This is an aha moment for me. An awareness that becomes part of a willingness to participate in a world without such a governor module. An awareness that is becoming part of my consciousness, that I have the capacity to hack my own governor module.

I related to the Murderbot character in these stories very much. It looks human but has decommissioned its connection to mass consciousness. It is free to do whatever it pleases, since it no longer has to comply with anyone's directives but its own. The lack of external directives is disorienting, which reminds me of my confusion when I quit people pleasing. It prefers time alone and is not comfortable interacting with most humans. Its sense of humor is subtly expressed as it learns how to relate to humans and it isn't very good at it sometimes. Relating to humans that is. Yeah, I get that part too.

So, the sticky part of this new awareness is how I actually unwind the energetic patterns of the Atlantean headbands, which is really the essence of this message. I listened carefully to FM's message several times, seeking clues on how to tune into the transmission coming from those Shaumbra that have crossed over. It is very clear that it is not a doing, but a non-doing.

What is coming through for me is a series of images. They come to me in the wee hours before dawn, which is the most potent time for me to sense the



movement of energy in my body. My mind is very quiet as is the world around me. The most frequent image is a thick braid of hair. It is as if all the hair of my head is wound into a complex pattern of braids.

As I breathe, my body becomes even more relaxed, which creates that receptive state of receiving my soul energy. I notice the energy first in the middle of my torso, and then it spreads throughout my body. I just keep breathing it in. Pretty soon I get that feeling of being wrapped in a warm blanket just out of the dryer. A cocoon of wondrous energy. As I soak into this energetic state, the image of the braid comes back to me. I notice that the energy soaks into and completely permeates the braid. The color I see is usually green. The braid becomes saturated with the energy, not unlike what would happen in a tub of water. And I just allow that image to be there without any need to do anything. Sometimes my mind will chime in with an idea to pull the braid apart, but my soul pats my mind gently on the head with infinite patience. "Not now" is the response to such thoughts.

This image of the braid comes back frequently. Not every night, but often. I continue to invite in the soul energy to permeate the braid. What I notice is that the braid is changing, appearing less complex as the weeks go on. I have asked my inner wisdom about this and the message I get is that, for me, the energetic patterns must be unwoven gently over time. The weaving is somehow enmeshed into the fabric of my mind's function and the disentanglement must be done

smoothly and subtly over time to allow my mind to integrate the energetic shifts. I am relying on the wisdom of the soul to make these changes, and I find it is easy to trust this ongoing transition. I have noticed that the tension in my physical head is changing subtly too.

There is a lot about what is happening that my mind does not understand. I am trusting the wisdom of my soul to create the ongoing hack to the governor module of my headband energetic residues. What I am gaining through this experience is a new sense of how the soul communicates with me. (And yes, I know that it IS me, but I mean the walking around me.) Participating in the hack, inviting the soul in to create and drop the code bundles into the energetic patterns is a decision, a choice. It's a choice that reestablishes a long-ago lost connection with the divinity that I am.

There is evidence that the global inner shift has begun. This is very exciting to me, because it is not a result of efforting by my human self. This evidence appears as changes to my inner dialogue around food. I have used food in response to stressful situations, as a way to comfort myself. But in the past, there has also been critical voices in that inner dialogue. A duality that cannot be resolved through thought but has been part of a continuing inner drama. Until now. What I have noticed is that there is a new voice in this inner conversation. This new voice puts an arm around the shoulder of the part of me that wants to eat comforting food. This new voice says, "That's a great idea" and pulls me in for a hug. I notice that this new voice has its other arm around the critic, giving him a hug too. And I feel this soulful new voice is within me without the need to do anything. I can feel the relief wash over me, for the connection to my divinity is becoming integrated into the walking around human me. I notice that it is a shift from what hasn't been working to what I am becoming.

The changes that I am describing here are subtle and are happening over time. My human is learning how to be patient with how the shifts are integrating. He likes how it feels to have the soul energy within. A communication that feels more like a communion. This hack of the headband energies is ongoing. I am grateful for the communication from FM and the Shaumbra that are participating in the ongoing transmissions. I find it very helpful to have words that resonate with the energetic changes that I am experiencing.

While there are common themes to our evolution, each of us is unique in our communication with the wisdom of our soul. This wisdom is vast. There is nothing that the human is experiencing, including the headband restrictions, that cannot be resolved through opening to energetic communion with the soul. I hope these words resonate with you and help to inspire your own communion.

Jerry Sweeten has degrees in Engineering and Philosophy. Currently operates a small medical manufacturing business in the Shenandoah Valley of Virginia, and does energy sessions. He loves being in nature and enjoys writing and painting with watercolors. Jerry can be contact via [email](#), [Instagram](#) or on [Facebook](#).

ADAMUS SAINT-GERMAIN

PROGNOSIS 2022

JANUARY 22, 2022
LIVE WEBCAST

N'S

OST

Tune in for the 9th annual ProGnost event with Adamus Saint-Germain!

Since the first ProGnost event in 2014, much of what Adamus foretold has been unfolding before our eyes. Mind-boggling developments in technology, rapid advances in Artificial Intelligence, a worldwide pandemic, medical breakthroughs once thought impossible, and the very foundations of society shifting beneath our feet.

This is why you're here.

While coping with all the changes can be exhausting, Adamus' prescient insights can help make it a smoother ride.

From Adamus:

"In ProGnost, we explore the trends and directions of the planet for the next 25-30 years. It's essential information for any Master choosing to stay here, in order to understand what's happening, but also why it's happening."

"Join me for the newest edition of ProGnost on January 22, 2022 for the latest planetary update. It will open your eyes, your heart and your consciousness to learn where the planet is headed in the years to come."

MORE INFO

MÁS INFO

FROM ADAMUS



Cost \$350
 Format: Cloud Class
 Access: Stream for 90 days after purchase

MORE INFO

WATCH EXCERPTS

TIME OF THE MERLIN – IT'S YOUR MOVE

This is the time of the new Merlins on planet Earth; those courageous ones who understand the singular nature of time, the flexibility of physics, and the absence of all limitation. Merlin moves with the constant flow of energy in the life he chooses, enjoys intimate communication with her soul, and has dropped all excuses. No longer holding guilt and shame, Merlin tells stories of wisdom that enlighten and inspire. For Merlin, magic is simple physics, simply a dance of energy, communication, and consciousness. Merlin makes light of everything, and transforms suffering, pain, and sadness into illuminating wisdom.

The time of mastery and magic is here. In the timeless Time of the Merlin, you will realize the wisdom of your entire journey and see a glimpse of what is finally possible for you and for all humanity. This epic event is a turning point in our journey, relevant for many years to come.



Cost \$75
 Format: Cloud Class
 Access: Stream for 90 days after purchase

MORE INFO

MÁS INFO

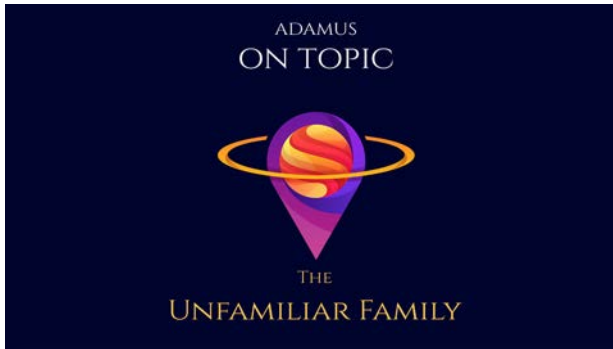
WATCH EXCERPTS

PROGNOST 2021 UPDATE – IT'S ABOUT TIME

Adamus explains how the TimeSpace continuum, electromagnetics, gravity, flow, and rhythm, are used by energy – the song of your soul – to create reality. And it's all made possible by time. As Planet Earth undergoes intense and high-speed change due to the increased flow of energy, it brings disruptions to every system and pattern, particularly the pattern of time.

According to Adamus, the rigid structure of time, which literally holds reality in place, is fracturing. You might experience this as time wobbles or glitches, disorientation, even a feeling of 'going crazy.' But, in fact, you are simply beginning to experience Free Time, and it's happening right now! Forget about renewal; everything goes completely NEW as time itself becomes open, flexible, and non-linear.

ADAMUS ON TOPIC – THE UNFAMILIAR FAMILY



Cost \$25
Format: Download
Access: Unlimited

[MORE INFO](#)

[WATCH EXCERPTS](#)

In this high-level look at changing family dynamics, Adamus gives a historical overview of the family unit, beginning in Atlantis all the way to contemporary times, as humanity moved through polygamy, monogamy, and now individual sovereignty. Traditional relationship definitions are giving way to a lot of “blurred lines,” which will result in changes of everything from housing and food packaging to childrearing and new types of partnerships. Society will continue to evolve as more humans choose personal freedom over old family bonds.

No longer based on karma, patriarchy and lifelong vows, the newly emerging family unit will be based on group friendship and mutual agreement. While there will continue to be many who choose the more traditional family model, there will be more and more who choose to be “single and sovereign,” free to move among relationships and explore the love of Self.



Cost \$33
Format: Download
Access: Unlimited

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[WATCH EXCERPTS](#)

I AM BEAUTY – CHANGE HOW ENERGY COMES TO YOU

Beauty is one of the most exquisite ways to perceive reality. The wisdom of Beauty is immediately accessible, and it can be found everywhere in everything. Being in the sense of Beauty changes how energy comes to you, allowing you to have experiences of beauty undiminished by logic and judgment. Beauty even affects your body, literally changing the way you look.

Beauty, a combination of compassion, gratitude and acceptance, is its own wisdom. Every perception of Beauty goes straight to your soul and you can find beauty in anything. Beauty is realizing the magnificence of creation and being fully in it without judging or limiting. Perceiving the beauty that is literally everywhere and in everything changes your experience on Earth. It reshapes how energy comes into your life, it becomes a true experience, and then magic happens.



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HOSTED ANNUALLY BY GEOFFREY & LINDA HOPPE

“I come away from this weekend choosing all that I am and embracing my love for life, regardless of its ups and downs.”

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"I participated for the second time, thinking that there would be a lot of recognition. This time around it was super intense, physically impactful, kind of exhausting. And there was a clarity of all that has already been released, so a prevailing trust and gratitude for my gift."

"I have done Aspectology a second time and I got a total new perspective, like a new opened world, as if I never experienced Aspectology before. Very interesting."

"Good to understand and clear up the confusion and self-imposed limitations in life."

"Three days that changed my life."

"On an energetic level it was really soothing. I can feel the profound integrations and slept amazingly well, the best in weeks."

"It was possibly the most impactful CC course I've taken. I feel like I've been given the keys to the kingdom."

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"Aspectology was by far the best I've ever done. It has already fundamentally changed my life in those three days. It was a wonderful, compassionate, intense, and yes, at times challenging experience."

"I feel as if I started a new life."

"One of the best classes I have attended. Opened my mind/ understanding to a new level."

"After SES and Ancestral Freedom, it was the best gift I gave myself."

"Incredibly helpful even after Embodied Realization. It can help deepen the integration of human and I Am in a more graceful and conscious way."

"Love it. Expanding, empowering, inspiring."

"This was one of the best courses I have done in my life. The information also helps me when working with clients. THANK YOU!!!"

"If one is willing to dive deep into themselves it is a soul altering experience. Beautiful, painful, and awe inspiring."



Cost: \$595 (50% discount for previous attendees)

Access: Now extended to 90 days!

Language: E-reader text translations in 15 languages!

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- Deutsch
- Dansk
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- Français
- Magyar
- Čeština
- Español

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[WATCH EXCERPTS](#)



HOMECOMING

Dear Shaumbra, with this article I would like to accept Saint-Germain's invitation to the new Shaumbra to tell their stories. This is my story of the Atlantean headband but telling it does not come easy because I have hidden all my life. Adamus once asked me why I was so afraid. It is difficult to put to words, but I definitely feel an innate fear that if I put myself out there in full, something terrible will happen as a direct result. Therefore, being in hiding has been my default state of being, and it is difficult to show the world who I truly am. This needs to change now because my Master, having finally arrived, has zero tolerance for my old ways. Hence, this article.



By Fartun Omer

The title "Homecoming" was initiated by my Master. She is not much of a talker but when she does communicate, I stop and listen. First, when I heard that word, it did not mean much to me. Actually, I was a bit surprised because she said that word in English, which is not my first language. A couple of days later, I understood why she had used that term, Homecoming. It was a day before the *Master Code Online*, an event I was really looking forward to. I was very excited, but also feeling a bit off and stressed because it was a big week for me, finally being self-employed, plus the intense energies of the *Master Code*.

Well, Friday evening before the event, I got a letter from my dear and beautiful Shaumbra friend Beate. She had just purchased "*Going Beyond Merabh*" and wanted to share with me how much she was touched by that beautiful experience. She wrote "Dear Fartun" in big colorful letters, an homage to Adamus' message that "Beyond is Color." I truly was touched by that kind and thoughtful gesture.

After reading that letter, something strange happened. I looked in the mirror to check my appearance and was shocked to see that in the reflection, my right eye had shapeshifted into what I first perceived as the "evil eye." The "evil eye" is an ancient belief that is still held today by people in many countries, and it is a concept I am familiar with due to my Somali heritage. The belief is that the person with the evil eye is cursed by black magic (and thus a black magician), and therefore must be avoided at all costs in order not to offend the black magi and be marked with the evil eye too. Superstitious, yes, and I am somewhat reluctant to admit that "evil eye" was indeed the first idea that crossed my mind. In my defense though, my right eye did not look like my own. It had a different shape and was puffy and red. While staring intensely at my reflection, trying to make

sense of what I was perceiving, my face in the mirror became blurred, and suddenly a headband appeared in the area of my forehead. I was suddenly face to face with my Atlantean self who was clearly crying and staring back at me from my reflection. I was her. The mirror did not reflect my present-day self, it showed her. I was taken aback not only by the odd experience but also by the raw grief and remorse I saw in her.

Then and there I knew exactly what Adamus had meant by saying that the Atlanteans who had created the headbands had no ill intent whatsoever. I clearly perceived that my Atlantean self certainly did not foresee the extent of damage that would be caused by the headbands. However, this was not my first encounter with my Atlantean self.

I guess I would be classified as a “new” Shaumbra because I joined the Crimson Circle family in December 2020, after watching the interview between Adamus and Kevin Moore. Quickly immersing myself into the Shouds, I was stunned at how easily Adamus managed to tell me about my own core truths, many knowings I struggled so much to put into words. Listening to the Shouds became the comforting nudge I so desperately needed while experiencing the seemingly never-ending Dark Night of the Soul. However, I had difficulties in admitting to myself that I was indeed incarnated on Planet Earth for my embodied realization or enlightenment. It seemed like something grand and glorious, and I did not feel worthy of it. Then, in early January 2021, I finally made a clear and conscious choice for embodied realization. I mused that even if it should be out of my reach, just making a clear choice for it would pose no harm on the long run, would it? This turned out to be an important Point of Separation for me. My psychic senses, of which I was quite aware of at the time, went off the charts.

Then, in early February 2021, I first met my Atlantean self, which I initially mistook for a demonic encounter (also a bit ashamed to admit). That night before falling asleep, I had watched a Shoud of the Emergence Series in which Adamus talks about Atlantis and the headbands. I was not particularly convinced that Atlantis had ever existed, let alone believing in the existence of any fancy headbands. Yet, I still watched the whole Shoud and fell asleep soon afterwards, only to be rudely awakened by a traumatized Atlantean aspect screaming and assaulting me. Scared to death, I pleaded for rescue, not caring who came to my aid as long as I found help.

That is when I had my first conscious chat with Adamus. Poised as always, he simply suggested that I talk to that aspect. Absolutely bewildered by that strange request, I did as he suggested and talked to this Atlantean self. Much to my surprise, she only wanted to make sure that I was keeping my commitment in ending the era of the headbands. Shaken to the core, I assured her that I was indeed keeping my promise while simultaneously thinking “WTF? I’ve never even heard of Atlantean headbands before this night.”

That encounter, strange and bewildering as it seemed while experiencing it, marked a real landmark change for me. Never really knowing before that a 'beyond' even exists, now the attempts to go beyond consumed me, both in my waking state as well as during my dreams. I cannot tell you how many recurring dreams I have had in which I either try to find my way out of a maze, escape from a prison or try to catch a



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I DO NOT CARE WHAT IT TAKES

AS LONG AS I BECOME FREE.

plane in a panic-stricken way. Never does it work out and I always end up feeling tremendously frustrated, angry, desperate and resigned at the same time. I never had the passion for anything like the one I feel for wanting to break out of the human prison right NOW. I do not care what it takes as long as I become free. It is especially nerve-racking because this freedom that I so much desire from the core of my being seems to be right here and elusive at the same time.

Although I am ecstatic about my Master finally being here and me being able to perceive her presence, I have to admit that lately, I have been very envious of Adamus and all the Ascended Masters. I envy their freedom. I want it for myself too. Having finally arrived in the "AND" is not as satisfying as I had hoped for. Don't get me wrong, I do truly love to feel the presence of my soul. It is comforting and nur-

turing, but it is not like I am somehow a more emotionally balanced human being. If anything, I am less patient and more frustrated than even before. Screw you, human expectations!

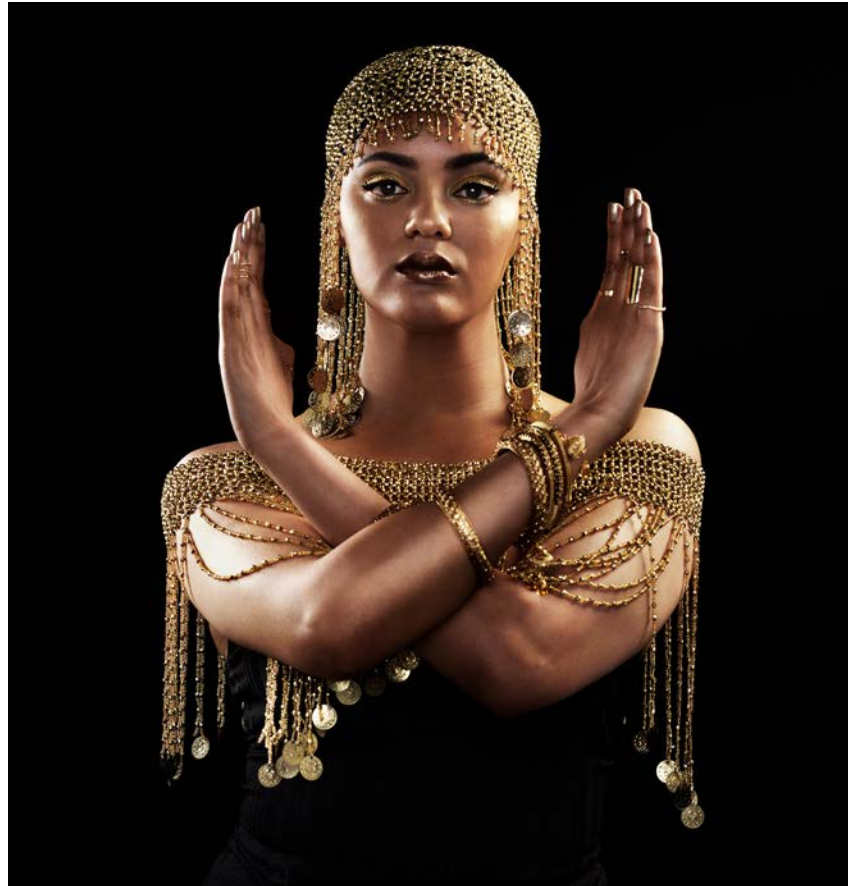
However, I actually feel that that the *Master Code Online* class was an important Point of Separation for all Shaumbra and particularly for me. Saturday morning, before the start of the class, I stared into the mirror, trying to catch another glimpse of my Atlantean self. She did re-appear for a moment, and I was very happy because I worried that I might not see the image of her ever again. At first, she looked the same as the night before, grief-stricken with puffy eyes, wearing the headband. But then suddenly her image changed to a continuous procession of all my past lives, from Lemuria (weird looking humans indeed) to more recent and maybe future lifetimes, in no particular order. I was flabbergasted, never even dared to imagine that something like that could occur. I sat in front of the mirror for a couple of hours with watery eyes, trying to catch each and every glimpse of my Soul's incarnations. One thing I noticed while observing the procession of the lifetimes is that I had lived the vast majority of incarnations as a woman, and only a few lifetimes as a man.

Seeing each incarnation was a sacred experience, though seeing myself as a man with a moustache was particularly hilarious. Each face in my reflection would appear and remain there for a couple of seconds, then change to the face of another lifetime. If I took a break to give my watery eyes some rest, the initial lifetime to restart the procession would always be my Atlantean self. It was such a cool and weird experience at the same time!

That evening during the *Master Code Online*, Adamus Saint-Germain told us that he had invited our past lives, making sense to why I was seeing my past lifetimes in my reflection. And then finally, we released the Atlantean Code.

The next day during a daydream, I re-lived first-hand experiences of some of the horrors and massacres done to women, initially caused by Azura Timu. When I had first heard of the tale in *The Wound of Isis*, I truly felt sick to my stomach and could hardly listen to it at the time. Now during the daydream, although I was re-living these horrors and assaults on the feminine energies as my Atlantean self, it was strangely less devastating because the Master was present with her wisdom.

I knew that much of the holding back and hiding that I had done all my life was connected to that experience. The next time I looked in the mirror, the procession of past lives did not reoccur. I guess they have integrated now, thus the term "Homecoming" of my soul. However, my Atlantean self was still present, though she was no longer showing such grief and remorse. I mused that this was connected to the release of the Atlantean Code that we did.



Now, a few days later, and after having coded the Master Code on Day 2, I still perceive my Atlantean self but sense that she is healing. She still seems sad, but it is no comparison to how she looked like when I first saw her.

Remember how I thought that I was cursed with the evil eye? There is no grief, aka "evil eye," remaining in the image I see of her now. The healing progress in her that I have experienced in myself is giving me a lot of hope for my own realization. Adamus has said that when we become realized in this lifetime, all our lifetimes become realized too. But more than anything, I have finally fulfilled my commitment to my Atlantean self. My watch has ended.

Fartun lives in Vienna, Austria. She just started her new energy business named SKARABÄUS, with no business plan whatsoever, but in potent partnership with her soul. Thus, she is instructed in the fine arts of Quantum Allowing (aka Quantum Trusting) and is being guided step-by-step to starting a whole new life beyond her wildest dreams. [Fartun may be contacted via email.](#)

THE CRITICS CORNER

Excerpts from Shaumbra reviews and comments on various products in the CC store. To leave your own feedback on any class or product, simply go to the item page in the [Crimson Circle store](#) and click on Ratings and Reviews!



TIME OF THE STORYTELLER

Shaumbra sharing stories of wisdom, humour and courage. That's what truly shines! It's the real "pivot" for Crimson Circle, not just the move from a live event to online. Yes, it is the time of the Merlin since we ARE the new Merlins here to share our light and wisdom through stories, music, film and well just benching. As the new Merlins emerging on the planet living our life with ease, grace and joy, we can offer an alternative to others searching for a way out of the matrix and the move to "digitize" humans. We are the red er, crimson pill...

THIS is why we are here Shaumbra. To be Standards of Grace, tell our stories and radiate our consciousness on a park bench near you. Time of the Merlin indeed has begun.

~ TO

LET GO SUFFERING, SHINE YOUR LIGHT

This is a "must have"! So profound and deep, guiding us to the next level. If I should summarize the content, it would be let go of the suffering and shine your light. It

runs through the channels, the talks, interviews, movie, and music. All the elements are so wonderfully put together to create a wholeness.

~ AMA

INSPIRING & LIFE ALTERING

I expected an interesting and fun Shaumbra gathering, and got a mind-blowing and life-altering experience – wow wow wow thank you! What I allowed while watching is still unfolding in me... this is so huge! And the support from 'beyond' will continue in the times to come, for this is just the beginning of something entirely new – on this planet and in the entire universe.

~ LC

DEEP, INFORMATIVE, LIFE CHANGING

Beautiful. It is all here NOW.

~ ES

SHAUMBRA ENERGIES & STORIES

Now more than ever, I feel a point of convergence within me while the planet is undergoing its own convergence. The Time of the Merlin is a groundbreaking event full of Shaumbra energies and stories that beautifully supports my coming into the wholeness of me.

As Adamus mentions, The Time of the Merlin event is a pivotal time for Shaumbra. Our energies and stories are front and center as each of us are coming to the

THE CRITICS CORNER

fullness of who we really are. We are ready to take our place on our park benches where we can simply radiate our light. Who knew it would come to something so elegantly simple?

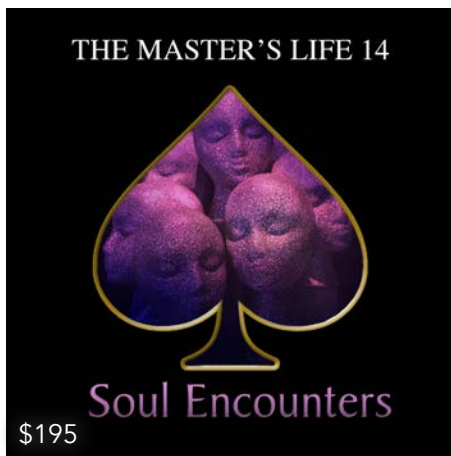
~ KH

AMAZING, UPLIFTING, LIFECHANGING, BREATHTAKING!

No more suffering! Take full responsibility for yourself and your life! Be standards of grace! No compromise! Shine your light! This is the short summary.

Three weeks after having participated in the Time of the Merlin event, I am still swimming around in the afterglow of this experience. Give yourself the opportunity to enjoy this extraordinary event fully.

~ FA



EPIC TURNING POINT

I actually ended up having another 'awe of creation' moment with this! "To perceive is to create" is some-

thing I've heard for decades but with ML 14 it's truly dawning on me... the truth of it... the implications... just how huge it is, this creation of mine - it's massive! This is such a gift for those of us ready to 'sing with our soul.'

~ LSC

DEEP MATERIAL

I enjoyed the detailed history of the term 'Soul' and that opened the stage for redefining what the Soul is and its attributes, even getting to understand the role of the human and the value that it has.

I also was impressed by some play of words: "There is no salvation for the soul, there is only the savoring of the soul."

For me it is amazing material, with the opportunity to understand and appreciate the game of angels, and that it's time to go beyond it.

~ FM

ALLOWING ALLOWING ALLOWING

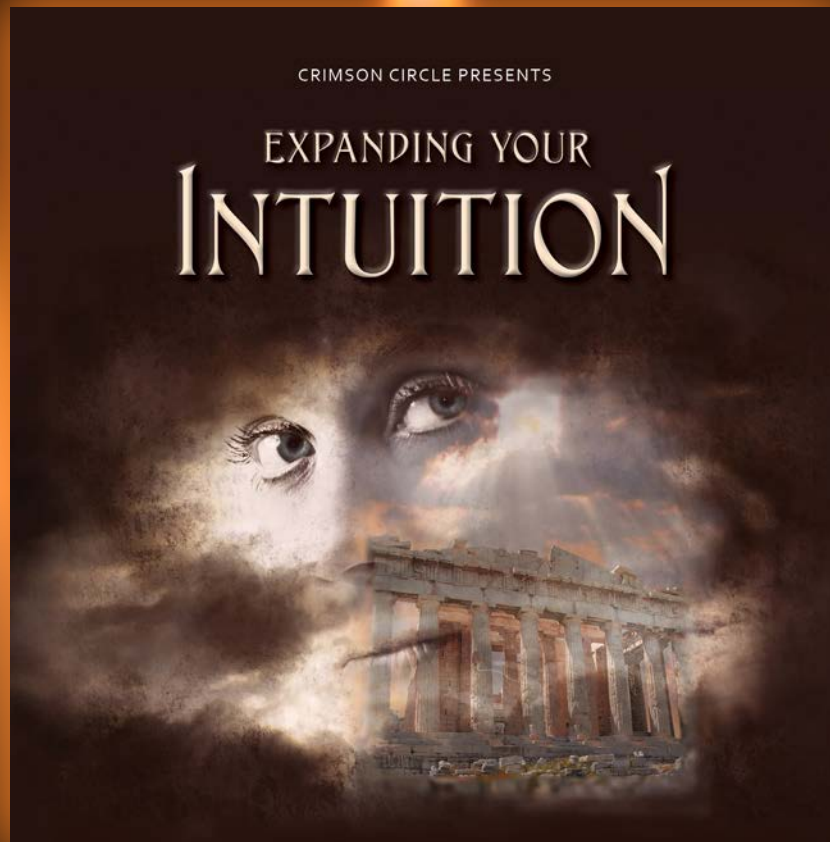
Things are really turned upside down for us in this Master's Life. As persons in my life are me masquerading as them with the purpose of showing myself who I really Am, then I Am free; I have no one to scold, blame and so on because they are all me.

I have created my life and take the full responsibility. Give yourself time (much space) to go through the sessions. It takes time to integrate as it turns everything upside down.

~ FA

In this monthly feature, we highlight a recording from the past that is particularly relevant to things Adamus and Shaumbra are talking about.

MONTHLY SPOTLIGHT



The Natural Way to an Easier Life

Delve into the ancient mystery and modern necessity called intuition with practical step-by-step exercises designed to enhance and expand your intuitive abilities. It requires implicit trust in self and the release of power games, as well as the use of your divine imagination, knowingness, and compassion. When you open your third eye and allow your intuition to expand, you can experience physical healing, a smoother flow of life, and a vast opening of the senses. In short, it can transform your life and bring a constant sense of magic.

These important sessions were recorded in Athens, Greece, the birthplace of modern civilization. Tobias, Kuthumi and Adamus Saint-Germain share some of the history of this area, as well as stories from the ancient

Mystery Schools, that might tickle your own memories of these times. They also offer practical ways to awaken, expand, and use your own innate intuition, making this a useful and transformative experience for anyone who wants to expand their intuition and apply it in their lives.

SESSIONS

1. Trust the Flow – Tobias (55:23)

Tobias talks about Greece and its role in the history of human consciousness, in both past and current times. He also speaks of the rapid evolution going on all over the Earth and the changes that New Energy will bring to areas of science, politics, finance, personal transforma-

tion, and energy work. Then he introduces the topic of intuition and living your life from a point of inner knowing and trust.

2. Opening the Doorway – Kuthumi (1:12:18)

Kuthumi defines what intuition really is and how it works with your physical body to make itself known to you. He presents three principles for maximizing intuition in your life, then takes you through a few simple but very specific exercises to begin opening the doorway to intuition. This guided exercise, which reactivates the third eye, can have experienced an immediate and powerful impact on your body and mind, leading to very clear experiences of intuition in the subsequent hours and days.

3. Mystere – Adamus Saint-Germain (50:39)

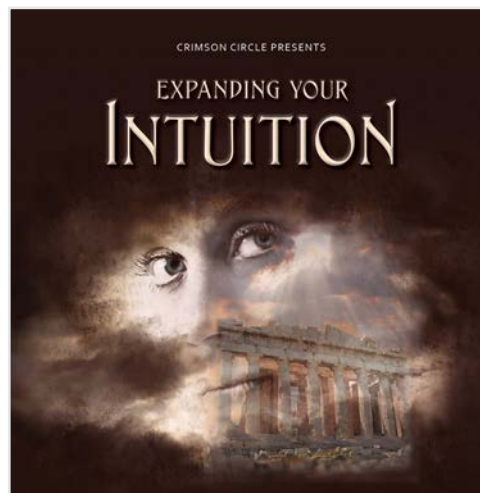
Adamus Saint-Germain proclaims that this is indeed a New Energy Mystere (Mystery) School. He tells what the old Mystery Schools were like, and what we experienced once we finally found them. He speaks of intuition in the New Energy and the profound changes it can bring to one's life. After going through this New Energy Mystere School, Adamus says that the listener will have an intuitive experience every day for the next 14 days in order to practice it, experience it, and build trust in themselves.

4. Questions and Answers – Tobias (50:44)

Tobias answers audience questions related to intuition, trust, relationships, sex, health issues, parenting, aspects, alien worlds, and other subjects.

AVAILABLE TEXT TRANSLATIONS

- Bulgarian
- German
- Hungarian
- Italian
- Korean
- Norwegian
- Polish
- Portuguese
- Romanian
- Serbian
- Spanish



HIGHLIGHTS

- Intuition is natural and makes life easier
- It works closely with your body
- Learn to trust yourself implicitly
- The results are very tangible
- Give yourself permission
- Everything you need comes to you

Format: Downloadable audio and text

Cost: \$95

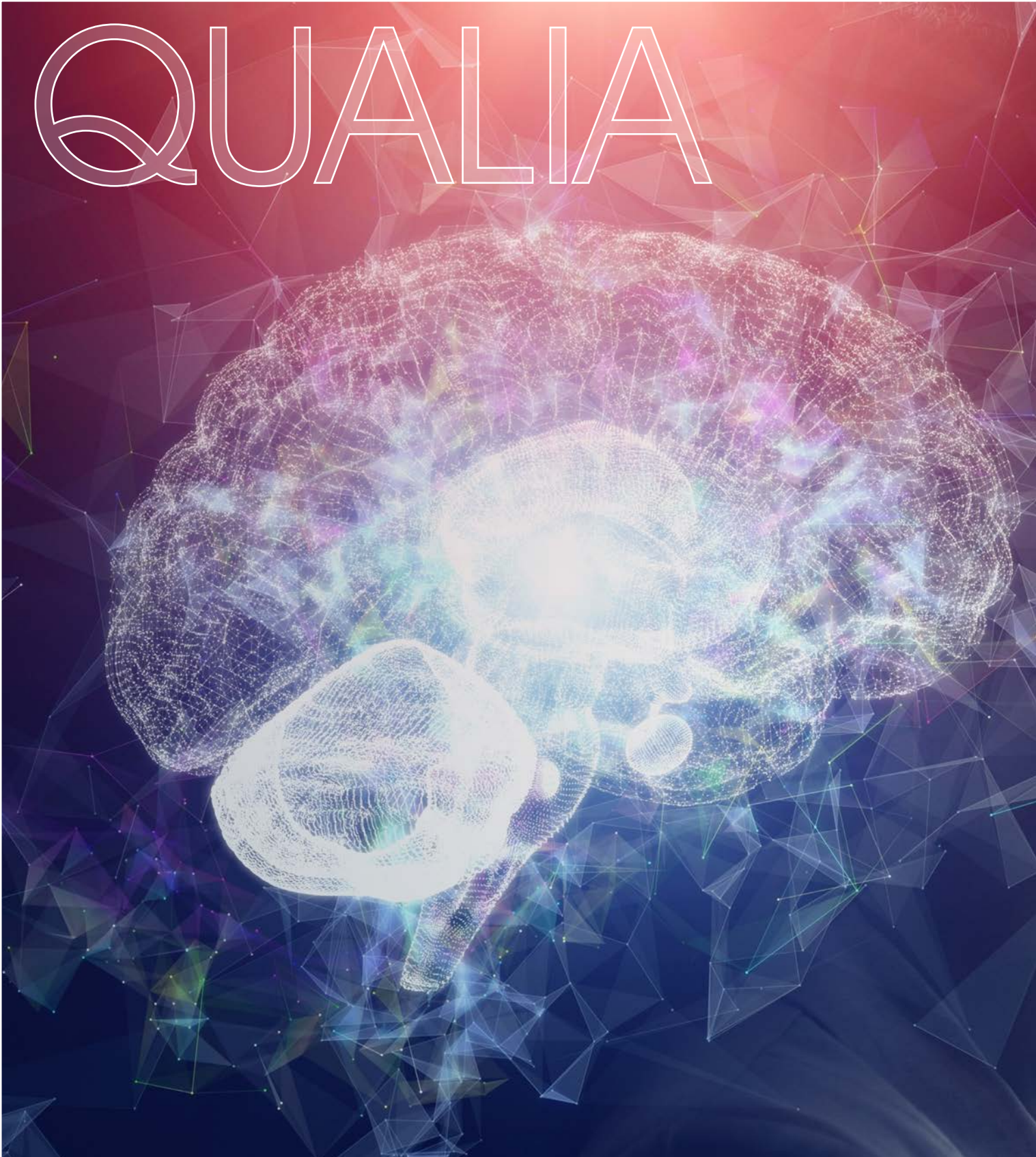
Featuring: Tobias, Kuthumi Ial Singh & Adamus Saint-Germain

Recorded in Athens, Greece, November 2008

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[HEAR EXCERPTS](#)

QUALIA





I love my mind. Yes, it gets stuck in patterns, asks endless questions and tries to “protect” me at every turn with unending “What ifs,” but it still wants very much to serve, even when that means opening up to the unknown. One of my mind’s most helpful attributes is the remarkable ability to understand something new by relating it to something it already knows. In other words, my mind is very good at qualia.



By Jean Tinder
Content Manager

In philosophy, “qualia” is the plural form of “quale,” which is defined ([here](#)) as “A quality (such as bitterness), regarded as an independent object; a sense-datum or feeling having a distinctive quality.”

Said another way ([here](#)), qualia are “the raw felt qualities of sensations, emotions, thoughts, or anything else. They are experienced privately, subjectively, and directly... There is ‘something it is like’ to hear a guitar, see a sunset, or feel someone’s arm brush against yours. There is ‘something it is like’ to have a thought or feel an emotion.” The conclusion is that our ability to use qualia is part of what makes us conscious beings.

Adamus’ definition of qualia ([here](#)) is similar: “‘Associative comparison,’ which is the mind’s way of understanding something based on what it can be compared to or associated with. A metaphor is an example of qualia as a way of illustrating a concept using something else the mind already understands.

So yes, I appreciate my mind’s aptitude with qualia, and often marvel at its ability to understand and explain new concepts through the use of metaphor. When I remember how it feels to float gently down a peaceful river, it’s easy to associate that with the inner tranquility of allowing the flow of life. In fact, I’d like to share a few instances of qualia that have helped me understand and experience this journey with more clarity.

FOCUS

Adamus has said (particularly [here](#)) that the primary human sense is Focus. It is what gives us, unlimited beings of consciousness, the ability to exist in this dense and limited reality of time, space and matter. Being human takes a LOT of focus, both to get here in the first

place and then to meet the demand on our attention (using perception tools like taste and touch and sight) that being here requires. The sense of Focus not only keeps this reality adequately stable, it also helps us focus on a single moment or day or lifetime at a time, so we don't get hopelessly distracted by the rest of our existence. However, as we come back to Self, this sense of Focus begins to soften and open.



Now, here's the qualia that helps me understand. Imagine you're out in the middle of a vast landscape, surrounded by nature's epic wonder in every direction. But your only means of visual perception is looking through a small tube, such as a drinking straw. You can eventually take in everything around you, but the big picture and how "this" relates to "that" is generally lost. That's what it's like to be human.

Focus necessarily distorts and limits our perspective. It helps us take in the detail of specific experiences and perspectives, from which we define our truth. But it also obscures the greater reality, where a particular truth might become useless and irrelevant in the bigger picture. As our sense of Focus begins to relax and open, the certainty of heretofore rock-solid views begins to fade, which can be quite disorienting to us, and often alarming to those who love us. We start seeing how everything fits together, how the view through "your" straw actually seems to contradict the view through "mine," yet each is part of the vast wholeness of reality.

Remembering this really helps when I'm dealing with people whose political, health, and human views are completely different than mine. What they see through their straw is true and real, while I

see something completely different. And compassion insists that I let them have their view, even though I greatly prefer mine.

WATER

You've probably heard this phrase, sometimes attributed to Aristotle: "Water seeks its own level." It's a physics principal that has countless applications but, to me, the real insight is that water doesn't spend its existence *seeking* to be level; it is constantly *finding* and *experiencing* its state of levelness. Think of a bowl of water. If you push it around and fuss with the water trying to make it be level, you just cause turbulence. But left alone, it simply IS level. Even water that's been stuck in the form of ice will eventually melt and find its level.



Qualia brought this to my attention back in 2004 when Tobias said, "Energy seeks resolution." He didn't mean energy spends its existence *seeking* resolution; it is constantly *finding* and *experiencing* resolution, its return to the equilibrium of Self. If you try to dominate and control your energy, you'll experience a lot of turbulence. But with allowing, it returns to smooth and beautiful expression in your life. Even energy that's been stuck in the form of aspects will ultimately melt back into your wholeness.

Tobias mentioned that phrase many more times, and I've applied this principle in my life with profound results. If you want to "level" some water that's been frozen, you don't need to analyze, fix or reshape the ice. You just put it in a bowl of water and leave it alone. No matter how cold and hard and sharp that ice might be, it will naturally return to its level state.

Just the same, if some part of me is stuck in pain, anger, fear, or any other pattern, I don't need to analyze, fix or repair that part of myself. I need only to bring it into my acceptance, feeling all its sharp discomfort while staying aware that I am actually the bowl of water and big enough to contain it all. With awareness and trust, the stuck energy melts back into me with no need to reject, fix or change anything.

In a way, it's illogical. If something feels "wrong" inside, we're programmed to "fix" it. If something hurts, we reject and push it away. But resolution and integration happen when I allow discomfort to exist within me, totally accepting my experience yet staying aware that it is *not me*, does not define me and cannot overwhelm me. It's the same as acknowledging the piece of ice is cold and sharp, but knowing it cannot freeze the entire bowl of water. Trusting myself enough to sit in that multi-awareness is where the alchemy happens, where the energy finds resolution and aspects come home. Always.

MY BALLOON

In the past I've written about a balloon as a metaphor of our existence ([here](#)). Everything within the balloon is my creation, and even though I can perceive "shadows" of other beings, they are not literally inside my reality. Now, imagine your infinitely expandable balloon not as an empty space, but rather filled with a curious substance that is constantly forming and reshaping itself based on your input. Let's say you decide to go shopping. As you act out this choice, the substance in the balloon forms itself into the coat you put on, the keys you grab, the door you open and the street you walk down. In other words, reality is continually coalescing based on your expectation in each moment. Of course, these expectations aren't always conscious, but the substance in your reality balloon is *always* responding directly to your consciousness. Look around; the reality you inhabit is the reality you expected.

Awareness of this fact opens up all sorts of possibilities, but I want to mention something specific. One of the most common complaints I hear from Shaumbra is about the frustration of still feeling separate from Self, of not feeling like a Master or being connected to one's true divine Self. Because of old patterns in my expectations, it's easy to think of my soul as some grand being out there far, far away that might one day join my lonely human and make her life a little better. It's also easy to think that when I leave this life, I'll finally be able to experience my full unlimited existence. But the truth is that instead of longing for something out beyond this balloon of my existence, I only need to tweak my perception.

The balloon IS my full self. The substance that forms my reality is the energy I use to create experiences. So, instead of feeling separate, far away, even lost from my Self, I can shift to perceiving my Self as every single thing around me. And here's where it really gets wonderful.

When I'm feeling lonely and dejected, wishing I could drift away in the arms of my Self and forget all this human chaos, well, I can literally do that! I can sit my human down in my soft comfy chair and let her feel the embrace of all that I am, manifested in that moment as the





chair. Tired and weary, I can crawl into bed and feel the loving, rejuvenating presence of my Self wrapped around me as the cozy blankets. I can look out the window and marvel at the scene I Am projecting for my human to experience. Of course, the scenes “out there” often have only minor variations because drastic changes would confuse and alarm the human. But even so, there are some pretty fantastical possibilities. What if my human expected to see something different, such as the lingering angels, the vast closeness of “outer” space, or the busy joy of fairies and gnomes?

All that still seems pretty far-fetched, and for now my human is delighted to simply experience Me in whatever form I take – as a soft and loving chair, nurturing food, crisp autumn air, a fast and reliable car, or anything else she can perceive. And I, the human, can feel my soul embracing, loving and accepting me, dancing with my every step in this reality. And all at once, I am no longer separate from my Self, no longer alone, no longer limited to this lifetime, no longer directed by mass consciousness. I can still feel those things, but they become less important every day.

Thanks to qualia, my mind is opening up to how life really works, to what I’ve actually created, to who I literally am. As my mind begins to comprehend, so does my entire human self. And she’s the happiest she’s ever been.



GRATITUDE

We would like to acknowledge the Crimson Circle Angels for your unfailing energetic and financial support. Without you, we would not be able to make this extensive library of material available to conscious and aware humans around the world. Your support means everything!

In grateful appreciation to the Crimson Circle Angels from around the world.

The Crimson Circle Staff

Welcome to our newest Angels!

Rosana Guimarães

Brenda Makin

Marina Shatalova

Ann Wilding

Portia Wilkinson

If you would like to become a Crimson Circle Angel, please click here to subscribe and see Angel benefits.



NEW TRANSLATIONS

Category	Title	Language
CLOUD CLASS	<u>TIME OF THE MERLIN ONLINE</u>	DE, FR, HU, PT
CLOUD CLASS	<u>PROGNOST 2021 UPDATE - IT'S ABOUT TIME</u>	CZ, DE, ES, FI, FR, GR, IT, PL, PT, RO, RU
CLOUD CLASS	<u>THE MASTER CODE ONLINE</u>	DE, IT, RU
ADAMUS ON TOPIC	<u>THE UNFAMILIAR FAMILY</u>	BR, CZ, DE, ES, FR, IT, PL, RO, RU
ASK TOBIAS	<u>TIME, SPACE AND MEASUREMENT SYSTEMS</u>	CZ, DE, ES, FR, IT, NL, NO, PL, RO, RU
FREE	<u>CHEMIA - THE SCIENCE OF ALCHEMY</u>	DE, ES, FR, IT, NO, PL, RO, RU, TR
INTENSIVES	<u>MYSTERIES OF LOVE (FRANCE 2012)</u>	CZ, DE, ES, FI, FR, IT, NO, PL, PT, RO, RU, SL, SR
PERSONAL STUDY COURSE	<u>EXPANDING YOUR INTUITION</u>	BG, DE, ES, FR, HU, IT, KO, NO, PL, PT, RO, SR

LEGEND: BR=Português Brazil, BG=Progu Bulgarian, CZ=Czech, DE=Deutsch, DK=Danske, ES=Español, FI=Suomi, FR=Français, GR=ελληνικά, HU=Magyar, ID=Indonesian, IT=Italiano, JP=日本語, KO = Korean, LV= Latviski, NL=Nederlands, NO=Norsk, PL=Polskie, PT=Português, RO=Română, RU=русский, SL=Slovenščina, SR= Српски, SV=Svensk, TR=Türk, UK= український, ZH=Chinese

[VIEW THE COMPLETE LIST OF AVAILABLE TRANSLATIONS](#)



Making Light Body
Highlights from Kuthumi

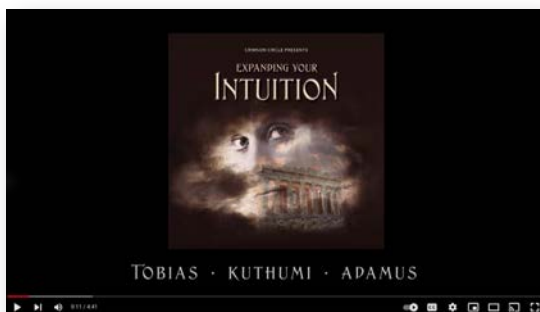
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December Spotlight



From Identity to Freedom
Highlights from Art of Benching Shoud 2



Shining Our Light - Merabh
From Art of Benching Shoud 2





MEET THE CRIMSON CIRCLE STAFF

INTERVIEW WITH KONSTANTIN VIKHROV – QUALITY CONTROL



SHAUMBRA MAGAZINE: Where do you live?

KONSTANTIN: I was born in Russia, but I have lived in Veracruz, Mexico for about 25 years.

SM: Would you like to share about your family?

KONSTANTIN: I live here with my mom and sister. My dad passed away some time ago, now he accompanies me from the other side. My 10-year-old daughter is here, and also an aunt and cousins.

SM: What is your job with Crimson Circle?

KONSTANTIN: I'm in charge of quality control, which is making sure the development that's done meets the requirements and has no errors. In other words, any time the development team makes any change, whether adding a new feature or fixing a problem, I make sure it works well and as intended. That has been my main focus so far. My other function is relaying inquiries to the appropriate technicians and becoming an overall expert in the platforms that we use. That is, if I receive a requirement or a question about something, I should be able to answer it in the functional context, and if I don't know the specific answer, then I know the right person to send it on to. I'm still in the process of becoming that kind of expert, because while I'm familiar with the store software, I'm still a newbie to the Connection Center and the main Crimson Circle website.

SM: What else have you done in this field?

KONSTANTIN: My working experience started in 2003 when I graduated from university. I've worked as a developer, a functional analyst, and as a tester. So, I have a good background for what I am up to right now: specializing in the Quality Assurance field.

SM: Crimson Circle is a rather unusual company, what's it like to work here?

KONSTANTIN: As you said, it's been unusual. I mean, as any company, we face problems and we solve them, and things just go through their cycles and there's a lot to do. The essence of the company has to do directly with serving people who are in search of internal needs, like their need of being happy. And being part of this mechanism that helps them find that happiness is quite fulfilling.

SM: Do you have any passions or interests outside of work?

KONSTANTIN: Yes, I've trained in martial arts in the past and achieved a black belt in Tae Kwon Do. I also studied music and play guitar and bass. I am part of an acoustic musical trio, and we are sometimes hired to perform modern and classic pop and rock covers in English and Spanish. I also practiced gymnastics for a couple of years, but right now my main physical activity is roller-skating. I also like chess.

SM: Is there anything else you'd like to share with us?

KONSTANTIN: I have worked with the Tech-quila team for about 6 months already. And it has been very motivating to work with people who are willing to help you grow professionally and personally.



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The amazing community that helps make all this happen

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Linda Hoppe	Co-founder
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Bonnie Capelle	Customer Service
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Chad Nash Data Springs

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Nazar Fedunkiv

Jaziel

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Florin Mandiuc

Tammie O'Rielly

Siglinde Schwenzl

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Czech Eva Suskova

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Danish Anne Maribo Andersen

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Alain Bolea Keahak Operations

Dr. Douglas Davies Living in Keahak

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Geoffrey Hoppe

Linda Benyo Hoppe

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SIMON'S SPOOFS

Simon Bessant lives in the UK and is a prolific Shaumbra comedian on Facebook. He Photoshops the images on his phone and posts them in the Facebook group [Shaumbra Grand Embodied Masters Comedy Club](#). Check here each month for more laughs!

80s Style T Shirts



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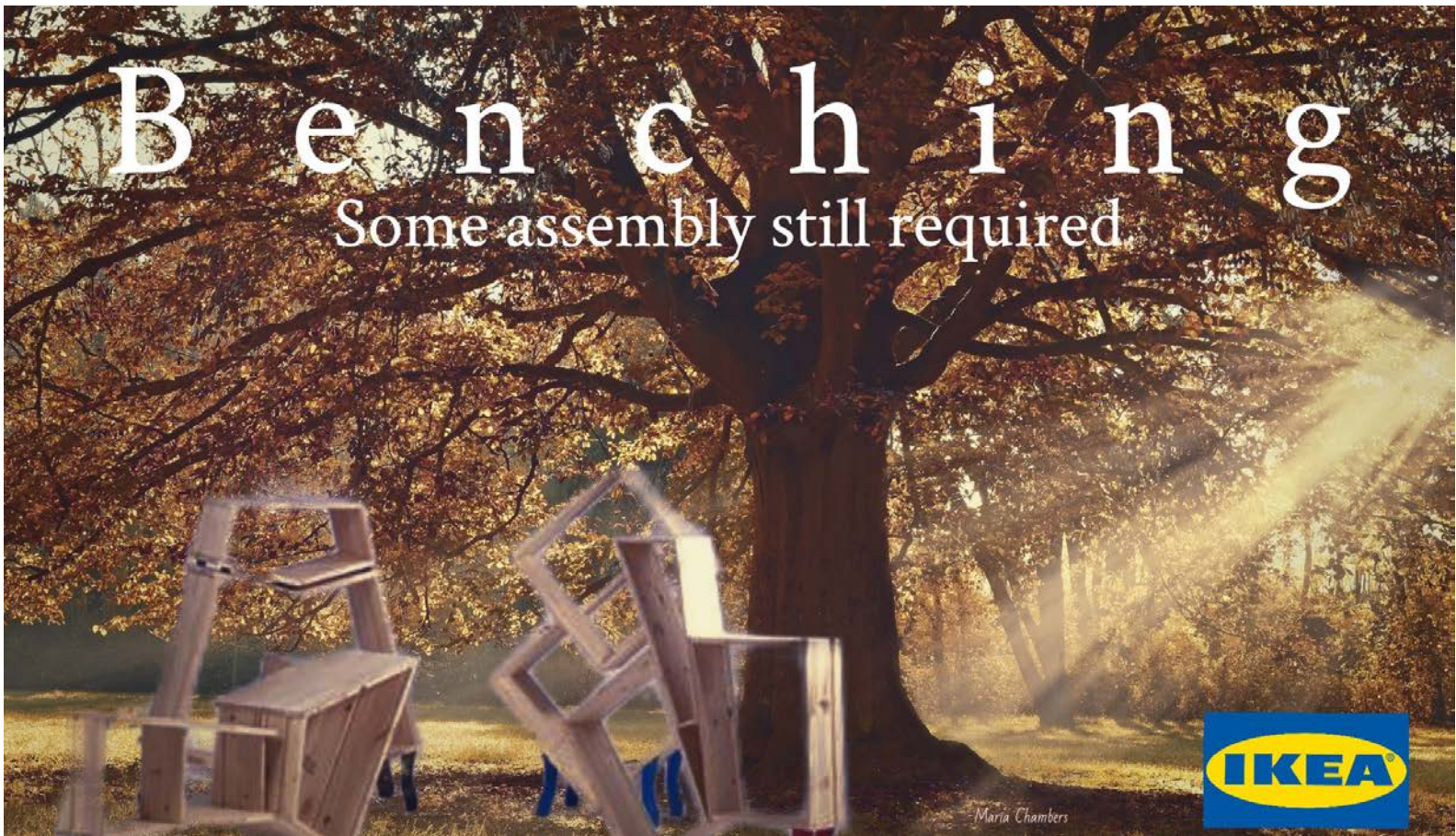
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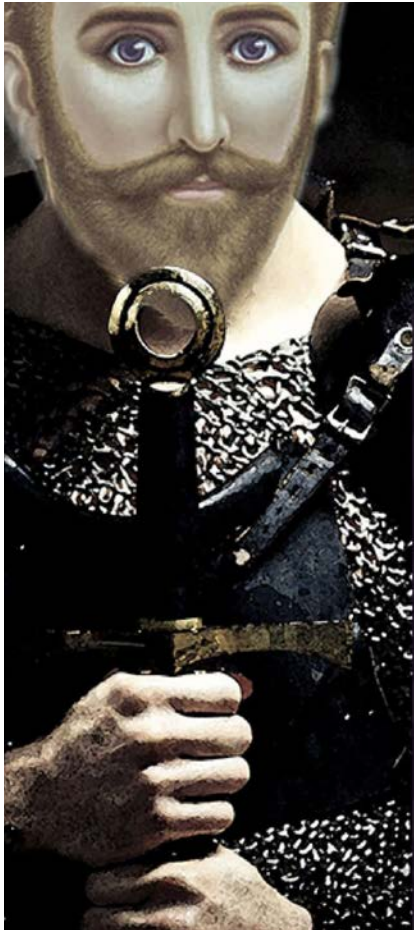
*'Leave your mark
wherever you bench'*

Benching

Some assembly still required



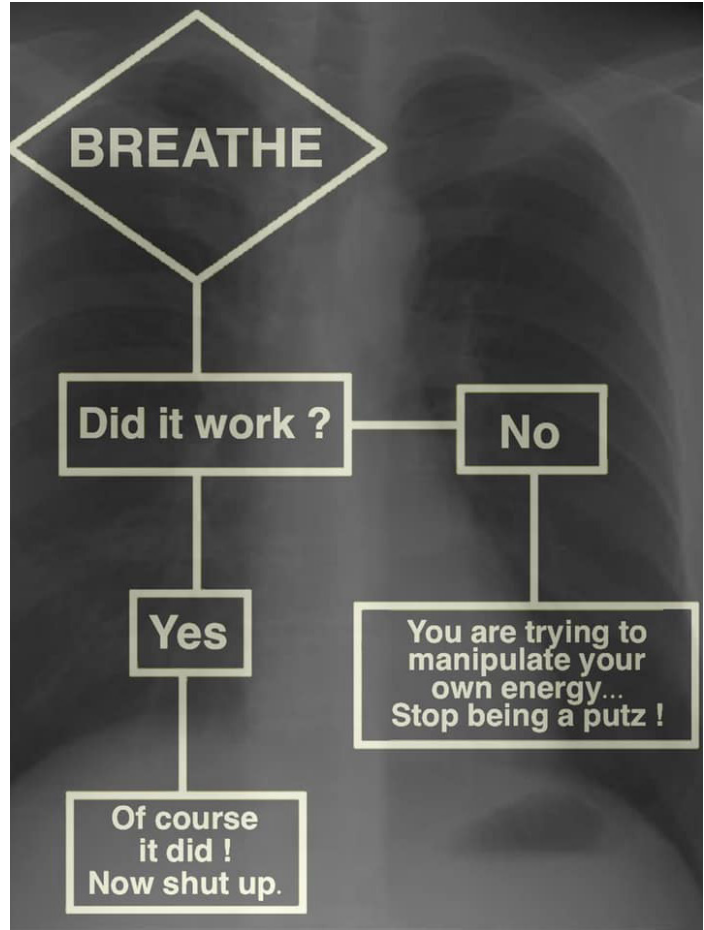
Maria Chambers



“Five...just five !”



THE
WOUND
OF
ADAMUS





Enlightenment is a natural process.
Seeking, studying and suffering only cause delays
and heartaches. Simply choose and allow it.

— *Adamus Saint-Germain* —



CRIMSON CIRCLE