

Hello my family

This is AA Michael and Metraton -combined energies.

And we have the Creator here.

And the Master Maharieya

Introduction

This is a very complex subject. But we will try to give u an outline of what it is.

What is the purpose of a blue print in life?

Let's look at a building. Before it is built, the artist or the lines man draws the lines of the building on a piece of paper. The building is designed as per the drawings. But the building by itself cannot function. Many things go into the building. We have to put elevators, install water, electrical lines and many other things. Only then can this building be used either for a house or an office

The 3 Components

In a similar way, for the highest growth or highest awareness in one incarnation- **3 components** have to come together.

- **Your House**

It means u have to be born on this Earth plane.

Now when u build a house, many materials goes into constructing the house. Stones, cements, water, wood, steel structures.

- **Tracks of life**



Similarly, when u are born- u have yr family members as part of yr building.

But for the building to be functional u need to have other components.

These components we call **tracks of life which can support you.**

for eg- we need light switches for the lights to be turned on, water faucets to turn on the water and many other things.

It's in a simple nutshell it's about the

i. **Life Contact** and

ii. **the Blueprint.**

This goes hand in hand

But you may ask:

Why?

What's the purpose of this?

When u are on the other side, when u finish yr present reincarnation- yr perception is very, very high. U want to have the **maximum growth**. So that u are able to:

- **understand all the nuances,**
- all the parts of **co-creation and its consequences** in life.

This is why we are born on Earth, for **Earth is the only place that u can have so many lessons to be learnt and truly u can grow**. Also Earth is the only planet in this particular galaxy where there is **free will**.

● **The Life Lessons to Master**

One thing to remember- **when we leave the body**:

- all the habits we have
- the thoughts we carry
- phobias, fears and everything else

All **does not dissolve**



Steve Jobs, 1955 – 2011

We carry with us to the other side.

So u are **born again with the same qualities** again n again.

But each reincarnation we have the **potential to grow more**.

When we grow more- we have **more wisdom**

Slowly u **start realizing**:

- that some of the things u have been doing are not appropriate
- or u need to change

I WONDER, WE LAZY PEOPLE
GO TO HEAVEN OR



THEY SEND SOMEONE
TO PICK US UP?

So u will choose for the multitude of things not to learn.
U will **choose 12 important** energetics we call **lessons to master** in one life time.

The 12 Life Lessons

1. Self Acceptance



And one of the **IMPORTANT LIFE LESSON** we have come here to master is **ACCEPTANCE- Self acceptance of oneself.**

Most of you do not fully accept yr body.

Do u all fully accept yr body as it is right now?

Most of us, at some level do not accept.

Maybe if I am thinner, I will look good.

Maybe my nose should be this way.

Maybe if my eyes were bigger, I would look more beautiful.

Maybe I have a big stomach

I have no hair...

On many levels- we do not accept ourselves as what we perceive.

Now when **we don't accept ourselves fully** in our physical body , as it is- we also have **difficulties in accepting our life circumstances and the people** in it.

Life acceptance does not mean that u stay with somebody with whom u don't feel any resonance. When u **get together with people u just accept them as they are.**

Although this lesson is very simple- it is difficult to master and to practice it on a practical level in our daily lives

But because of Earth and the way it is constructed, there is polarity. It is thru this polarization we come to realize what we need to learn and its **thru polarization we grow.** So yr soul will set up its foundation energy thru which u will have many experiences in yr life to learn about self acceptance. It usually happens in human relationships- right from an young age. It grows gradually into adulthood and then into old age.

U will **create circumstances** in yr lives and u will **have opportunities** again, again and again to **master** this part of **self acceptance**. Sometimes we create difficult circumstances in life where people are always against you or you are always comparing yourself to others.

Now this is more prevalent in yr new age community. When people compare themselves to other people and say that they are more spiritual than others, they can see more, that have different experiences and say that when others don't have any experience it says that the others are not good enough.

In a relationship, an office environment, school environment- these energies come out for

- understanding and learning
- balancing n integrating these energies.



So one of the things we ask all of u to do -
TO ACCEPT YOURSELF AS U ARE, RIGHT NOW!

A few of u including Rae sometimes, don't accept getting old. They lament "I am getting old!" or any number of other things.

Can u all accept who u are at this moment?

This is accepting yr physical life. There are things u may want to change but still accept whats happening in yr life especially accepting yr physical body as it is right now.

Can u all also accept that there are things that u still do not know and this does not mean that u are not spiritually evolving?

Many carry this belief- I am not good enough for God. I am not good enough that's why I am not growing spiritually. Why this person is able to channel and I am not able to?

Learn to be **graciously accepting yourself** as u are at the present time in yr life. So make a note of it and catch yourself whenever you try

- to compare yourself to others
- or do not accept yr physical body

2. Adaptation

This is the second lesson we have come to master is adaptation.

U are willing to change and adapt very quickly.

This is quite difficult for human beings.

Many times people will hold on to something and say - I am not going to change
- I am not going to adapt.



Adapting **doesn't mean losing one's individuality**

It means that one is **able to change and adapt actively in any circumstance.**

So this is played out very actively in an office environment. When u join an office, u have to adapt and adjust very quickly. Otherwise u will have challenges. U wont be received fully.

People in a social gathering or gatherings like the military or the police where large group of people join together and everybody is doing something. Perhaps you are married into a large family atmosphere and u must adapt and adjust rather easily. Any other place a dance school, a club where u have to adapt very quickly. If u adapt and adjust quickly, life becomes easy for u in that environment.



The **more u resist, the lesson becomes more tiring.** Then u start feeling that u are all alone and that no one understands me.

Why is the world against me?

So ask yourself this now - **Do I have this energy within me?**

Dear one to successfully complete this project u must be totally honest with yourself. This **honest examination of self can bring about changes.**

3. Wholeness

This is the third life lesson. It is on wholeness- I **am already whole**. It is **tied in with acceptance**. It means- I still have learning to do, I still have to grow but I am whole as I am right now. For example, I am single, I don't have partner right now- I am still whole. I might not have what my neighbor has but I am still whole, I am full.



The test will be to be in an environment where you will have opportunities to view **other people's life better than yours**.

So what does it mean?

It means having **appreciation for what u already have in yr life**.

This is quite difficult. It is more active especially in yr earlier years. U start picking it around ten years of age and goes on for 27 years. We want what others have. Sometimes u are willing to use violence to get it. This is the place of envy, jealousy and greed.

U have to ask yourself - **Do I carry any of this within me?**

Do not be ashamed if it is.

Once u become aware that it is there - is the first step towards healing.



U can make an affirmation daily:

I AM WHOLE AND FULL , AS I AM RIGHT NOW.

I ACCEPT MY WHOLENESS AND FULLNESS RIGHT NOW.

4. To be of service

What is yr contribution to the world?

Why have u come?



U will design yr life in such a way that this particular part becomes more clear. But most times we do not pay attention to this part till the later part of our life. This is the quality we must develop it in our lives.

The lessons We are giving today is on a general level where most of humanity have these lessons.

Charity means generosity in one's life. To serve the environment, to serve people. So u will be given opportunities to discover and learn these qualities.

5. Heart Felt communications

The next one is developing heart full communication.

What does it mean- heart full communication?

It means where one is able to **express one's truth simply and lovingly from the heart.**

So u will design life lessons n situations where u have to be truthful to yourself and to express this truth gracefully.



Again u must ask- **Am I being truthful from my heart in my communication with myself and all?**

U will be able to realize that u are not

Why don't u communicate from the heart?

It is because of **FEAR**.

And what is this fear?

We will be **rejected**.

This **rejection is very painful** because it is part of the **sub conscious understanding** that the one that gave u life itself rejected u by taking it away. Even God rejected me, so I am alone here. And there is this fear of being rejected. So we tend to lie to protect ourselves. We believe by telling lies we will not be hurt once again, we will be loved, we will not be rejected , we will be accepted. So create this in yr relationship where u have to exhibit this and practice it.

Again u must ask- **Am I having truthful communication or am I just saying things to please people?**

U will see most that most human beings do both these things on a daily basis without realizing it.

Even telling white lies is part of that.

If u really dig deep - **why do we do it?**

Many times we tell white lies to **make ourselves feel good**.

To make ourselves superior in the eyes of others.



U must ask-

Why do I do it?

Why did I react this way?

What part of hurt within me is making me do it?

Dear one, u must remember one thing- **a lie is a lie!**

Is it black or white? It does not matter.

And the **energy of these lies is embedded in yr cellular memory**.

So make it a point, I will practice heart felt communication for an hour daily.

If u have a good friend , tell them that u will be in complete heartfelt, truthful communications with them. And practice this may be for an hour, 2 hours slowly increase it to a day

U must ask- **What makes me not being truthful?**

This particular life lesson is done alone

6. Expressing ones inner power

U will design problems in yr life where u will have to **take self power in yr hands**.

This is not very easy. a situation u will create in yr life where u will be forced to look at this.

Now if u look at America- u will see many times, shooting in the schools. And if u ask the children "Why did u do it?". They were not allowed self expression. They were bullied for being who they are. So when u are not being able to express ,it takes away the natural power within u. Initially it starts with depression, then sadness sets in then anger later to rage. What they fail to see is that the other people are **giving u the opportunity to learn this particular life lesson**. But u believe that because of them u are not able express yr self power, u will use this incredible rage in u to bring harm to others.

If u look at yr life, u will observe how many times u have fought back to claim this self power in some level.

Ask yourself: **Am I expressing my self power always?**

Expressing self power does not mean being selfish. **It's expressing one's self power and being in harmony with everybody.**

Look at a beautiful orchestra. Playing a particular instrument n that particular music coming from that instrument must be in harmony with all the other instruments n the music coming out- a beautiful orchestra is created.

So yr awakening of self-power must be in harmony with other people's self awakening power too.



So u must ask: **Am I expressing my self power generously or in a controlling way?**

I will give u a general answer but it has some truth in that. When anytime people express their self power thru anger and shouting- it is not coming from one's self power but **deep fear of being rejected of the power and not being accepted**. So the only way they can feel good about themselves is shouting down at other people. So u will decide life situational problems where u will be tested in this.



Maybe a boss is always shouting at u.

How do u respond?

- do u put down yr foot continuously or
- are u giving away yr self power or hiding it?

When u allow it u are losing yr individuality.

Many cultures enforce it indirectly or subtly. Look at the culture of Japan- they are taught not to be self expressive, not to show their inner power. They say u must hide yr self-power and be in harmony with other people. And this has been programmed into their subconscious mind and they behave like that. But there is deep dissatisfaction in their lives at the deepest level. Many regret it when they start getting older.

7. Individuality

The next important life lesson is defining oneself- Individuality thru creating boundaries in one's life.

Can u create a healthy boundary in yr life where u respect yourself, value yourself and nurture yourself?

Rather a difficult lesson to master for we may **feel obligation in a human relationships**. This cld be with yr parents, colleagues, friends, office atmosphere. Have u heard the expression- It's because of my parents, I have an obligation. I cannot say "NO" to them. They supported me to grow so I need to say "YES" to them.



Or the other example a girl always saying "YES" to the boyfriend or the husband. She may feel that if she doesn't say yes, he will leave her and she will be alone.

So yr life lesson will be where u create life situations where u are not allowed to create a boundary n to become a yes-person.

But what happens?

Yr anger frustrations has been hiding inside and it's building up. And one day it will blow up. In that u will start expressing and u will say " I will not allow this to happen anymore. I am who I am and I am going to have healthy boundaries." U will learn yr life lesson.

Even if u have learned yr life lesson - it is not fully gone from yr entire energetic blue print. It is not fully erased from the energetic blueprint.

Although u have learnt this lesson in yr life- u might **still experience it** :

- but u are able to **catch yourself much faster**.
- u are able to **see this in other people's life and recognize it immediately**.
- u may start **helping people with the understanding of this important concept of self expression and boundaries**.

Now let me give a simple example- how many of u answer yr mobile phone at late night although u are very tired. Maybe u speak on the phone for long periods of time, u are physically tired and weak but u feel an obligation to speak. If I don't speak- I will be called rude, I won't be like, whatever. So the person calling u is violating yr space. Most important he is not respecting u. So can u send a message to everybody saying no calls will be accepted after this particular time. Or make it simple- I will not answer any calls during my meal times for this is my personal time for myself.

Defining one's own boundaries while having yr own individuality.

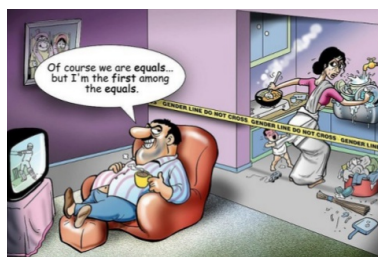
In many instances, the female form are deciding to learn this lesson thru human relationships especially love relationships where they are never respected or valued by their marriage partners or boyfriends or in a family relationship where they are living with other people.

U must look: **Are u in that category in some level?**

I am sure u are at some level.

Lets look at one culture. Lets look at Asia.

What is expected?



Lets say husband and wife is working. Both come back in the evening at 7. Both are tired. But who is expected to cook? Most times, it's the female- Is it not? Don't you agree? Sometimes the husband might help a little bit but most times the general feeling is that the ladies must cook. Even if she makes the same money as the husband and just as tired as him. Also after eating u are supposed to

clean up. This is a wifely duty n I have to do it. Initially yes, I do it out of love but this is not love expressed. It's a misleading love. U really need to look into that.

Why are they doing it?

To make myself look good in others eyes?

How can I heal this.

This **simple awareness** I have this within me - that starts the process.

A honest communication and they will respect you.

Important life lesson to learn.

8. Integrity

The other one is to have integrity. Integrity with oneself.

U must ask:

Am I truthful to myself?

Am I truthful to others about myself?

Are others truthful to me about themselves.

Why am I not in integrity?

Where is this wounded part which is trying to cover up my life by not being in integrity?

What is this hurtful part within me?



Again yr soul will create circumstances in which u are tested for yr own integrity at many, many levels.

Have u thought of this-How did I create this?

Most of the times it is because u did not feel love for yourself.

But u felt that u only get love when u are not in integrity

9. Self Love



The next one is tied to the same thing.
It is self love.

Why don't u love yourself?

It **starts from a young age**, where u are **criticized**.

You are not good enough.

You are not good in the school.

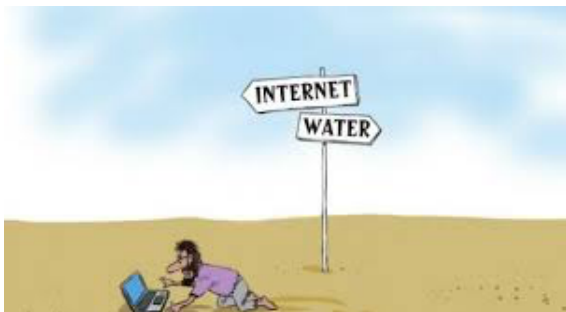
U are not good in mathematics.

U are not good in sports or any club activities.



Most children around the world, are **compared with other kids** by their parents first.

So our **self worth is diminished** right from that time especially the first few years of one's life. It carries forward when we grow up. So when there is no love of self, we try to cover it up with all other things.



When there is no love of self, our **emotional body is severely damaged**. There will be energy leakages in the emotional body. And many **addictions** is coming from this part.

Eating disorder, shopping disorder its called emotional shopping- u buy and buy but never use it because u are so emotionally down, no

self love and the only thing u can do is by buying something that makes u feel good momentarily.

This was a very big lesson for Rae to learn

U must ask yourself: **Do u have this quality deeply embedded in u somewhere?**

I am sure all of u have this but in different levels.

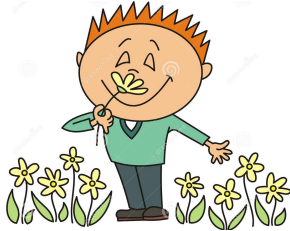
When there is no self love, we compare ourself with others all the time.

U must look into it.

But I tell, u all have abundant love in yr life, within yr being, within yr senses, within yr cells.

How do we know this?

U express this love several times throughout the day unconsciously.



When u see a beautiful sunset u say- “Ah, so beautiful”
Maybe a beautiful flower- u say “Oh beautiful rose”
Maybe a small happy child u say “such a beautiful and cute child’

So there is love, but u **need to bring it and have the same love for yourself as u are expressing to others.**

What happens if u do not learn all these life lessons?

U will have **more and more harder life experiences.**



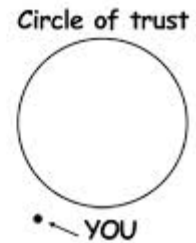
One of the reason, deeply a spiritual reason for many criminals especially when they are in jail cells is to learn the art of self acceptance and self love even when they are incarcerated in the jail. Very, very difficult.

Because these **individuals have not learnt the art of self acceptance and self love and so are now put in a difficult circumstance** and from that level- Can they still love themselves?

Because the Universe does not have any time line. it will give u enough opportunities again and again till u master this life lesson.

10. **Trusting oneself**

Another important life lesson, is the ability to trust oneself. But most of us don't have this trust and we look for validation from other people.



And where did this start from?

From an **young age**, starting from the **home**.

We were not trusted.

When we told something to our parents, friends or anybody

- they did not believe us.
- they laughed at us.
- and we felt really down and small.
- we were not encouraged,

So we lost the trust in ourselves.



Lets say yr child is telling u something n u say "It's not good, but it's ok"
The child will not trust himself to come forth and tell u something. The child will always **seek validation from other people**.

So u will be **tested again especially in spiritually substances**.

Do u trust yourself?

Of course the first thing u will say is " I'll trust and believe when I see the proof"

Dear ones, many times **proof is an experience u will have it in yr heart**.

Can I ask u something?

All of u are sitting on a chair. Did u think when u sat that the chair will support yr weight? U just knew deep down that the chair will support yr weight. U trusted the chair.

And what is this trust we are talking about?

Trust in one's own ability to create change and manifest new realities for themselves.

We want u to look into this.

Trust is directly related to the faith and belief that u have about yourself.

Do u trust that life can get better for you?

Do u trust the world will become a better place in the future?

Do u trust that u will grow gracefully old and u will have all the support when old?

We want u to look into that.

11. Responsibility

The next life lesson we have come here to master is responsibility.



Do u take full responsibility in yr life?

U must ask- **Why don't I take responsibility?**

Somebody did something to me - **Why do I create this situation again and again?**
Again u will see- It is **coming from a place of fear.**

If I take responsibility and if I fail... it is my problem.

It's better to follow somebody else so that even if it fails- it's not my responsibility. It's because of the other person, I failed.

One of the principle reason u are born is to learn and **master responsible creations.**
In which u understand all the aspects of **responsible creations and it's consequence** and it's effect on others and u.

Every act is a self definition of yourself.

This self definition is a responsible self definition or not.

****Write down on a piece of paper-**



Which area of my life I do not take responsibility in my life?

Which area I carry forced responsibilities?

Remember **when u do not take responsibility in yr life, u are BETRAYING yourself.**
And that is the highest betrayal in the world.

12. Gratitude

And the last life lesson: How to be gracefully walking in harmony with every situation happening in yr life at that particular moment?



Example: U are trying to find a job, u do not find anything. U end up with a job that u do not like but u do it cause u need money to support you.

Can u be in a graceful energy, even in a job that u do not like?

U might want to change it but when u are there, can u **be in graceful harmony with what u are doing?**

Summing-up

U will see that **all life lessons are tied into each other.**

U also have other **minor life lessons to learn.**

But when u work with these 12 life lessons, 2 things will happen:

1. U will start **loving yourself more fully.**
2. U will become **truthful and natural to yourself.**



If u **do not learn these life lessons**, u will have more and **more challenging situations** coming up because yr soul designs yr life **to master the life lessons** and to **balance the blue print of yr lives.**

So we want to ask,

Which area u want to work on?

Which area u want to improve?

I would like to give an example from Rae's life:

Expressing self power.

Because he had a background from a very poor economically difficult situation. He never had any self confidence. He hardly opened his mouth to speak and because of that everybody ignored him. But deep down he would ask "Why are people ignoring him?"

He was projecting an image that he was not good enough. But then he met a lady and she said "Why are u here?" He had a thought coming into his mind. He said " I am trying to find God" "Why?" He said "I am very poor. If I find God, I can find some money"

And this teacher told him, u will never find both of these in yr life in this lifetime.

But she was an angel. When she told this to him, something stirred within him. I am going to put everything in my life to find God and make abundance in my life. That was the trigger in his life. And u know, he could change both.



Sometimes, **some people will come into yr life and push yr buttons** so much harder in any of these categories. They are **showing u a way out**. If u are able to look at it from that point or u will say "This person cursed me and I will not talk to anymore" or u will say " She is **an angel** who has come here to push my buttons so that I will be able to use it to **change my life situations.**"

So when people are pushing u in any of these areas u must ask-

"Is this a trigger for me to break out of this life lesson?"

This is also one of the main reasons in India right now, the understanding of rape is becoming more and more popular. When a girl is raped, like old time she does not keep quiet. She fights for justice in a big way. And she says "Never again!." In that she has claimed her power.

Does that mean she had to be raped to get her power?

NO

But maybe many life times she did not accept her power and the soul will design extreme conditions where all yr buttons will be pushed to claim yr power.



**So u want to take a piece of paper and write down
Whatever u can remember about yr life in these 12 life lessons?
And does this affect any area of yr life?
And what u will do with it?

I tell u one thing, if u were to **work with just for 6 months on all these 12 life lessons.**



U will see that most of u would have almost **mastered 80% of yr lifetime, life lessons in these 6 months. And these life lessons will not happen in yr life again.**

It is self examination that will draw forth WISDOM in yr life.

Do not be afraid to look deep within yourself.
 We are there to help u.



This is AA Metraton with AA Michael combined with Maharieya and the Creator