

Edited for brevity only; otherwise transcribed verbatim.

Began recording September 11, 2014(further dates removed).

I've had the feeling that what I will be channeling is "new" way of putting information that's going to help myself and others, whatever it is they're searching for. Breaking the barrier to let it be what he wants to channel. I repeated my mantra.

What realm do you come from? Where do you come from?

I am from what you call thePleiades.

Are you, have you ever lived on earth.

No I am what you would call an ascended master. We are asking you to evolve and connect so that you can draw to you the life that you desire while you are on earth.

Can I get more about you J'Paal? Seems like every channel I've read about or listened to the entity seems to come from somewhere, example Bashar, Abraham, Seth, they seem to have specifics about who they are, or what they are.

Yes I come from a realm some people may call an angelic realm, some people refer to as the Pleiades although it's no matter how its referred to I, and when I say 'I', I'm using 'I' as your language, as the language I use here is not the same. But for the purpose I'm using for you, we are all connected and sometimes we splinter off to help those who are calling for us - and you have called for us many times, many years ago and I volunteered to answer the call.

Have I been channeling other entities beyond what we call the deceased beyond the human being?

Yes absolutely you have been channeling these entities for many years.

I was thinking that I want to find out more about you. When I had that powerful session in Sedona where you and I connected, why did we come up with the name J'Paal? How come you even have a name?

From where I am from is actually what you would call an action verb; J'Paal is, in a sense, what we are calling a consciousness that has chosen to help others; so it is not my name per se, it is more what I do and what I am in the narrower sense of the word. So it is more that I am a J'Paal than that is my name.

So J'Paal is what?

J'Paal is what we spoke of; I have chosen to help those who reach out and I chose you a long time ago on your earth time – and it is...you could liken it to a mentor, guardian angel, guru - it is our way of stating what we are choosing to do with our energies.

Yesterday we were talking about the angelic realm and I was listening to tapes of another channel and he had levels, and the angelic realm was the closest level to source. I want to make sure this isn't just my mind filling in the gaps to make sense or that it's my ego that has manufactured you.

Yes I am from this what you might call the angelic realm and I am close to what you call the source of all that there is.

So if I was talking in my earth language what do you do on a daily basis?

Hahahahahaha it is not a question of what we do it is more of a question of what we are being and I am being a J'Paal for you.

Why choose me?

Why not?

I was reviewing who you are and where you are, and I was thinking that I've got a difference of answers here. We said that you were from what we would call an angelic realm but we also said you were from what we would call the Pleiades.

Yes and if you recall or compare your notes you will see that I said you may call it the angelic realm, you may call it the Pleiades, it really has no matter what you call it.

You have a question to ask.

Yes I do, when a person is passing over from this earth plane and they have a long, slow difficult passing, is it hard on the soul and if so what happens with the soul?

There are many levels to what you might call the soul.

When you talk about soul, generally speaking, in your perception, you are talking about separate levels. The soul, I believe you call the spirit, and the soul of who you are. However from where we stand your soul itself has many levels.

So to answer your question and to be a little bit more detailed in your question; within all of these vibrations within the soul, and the many different levels of vibrations within the soul, none of which will be let us say, carried forward because on that particular level they have not actually left. They are still within your realm of consciousness; and within your realm of consciousness there are, alongwith the many levels, there are still much ascension to happen, we shall say.

Does that answer your question or does that give you more things to ponder?

That gives me a lot more to ponder and yes it does answer my question. thank you.

Do you have a further question?

When the soul, when the spirit parts the body, does the spirit become part of the soul or are they two separate.

Part of the problem with your human understanding is all the vernacular that is used. So when you leave your human form behind, the physical human form, there are multitude of levels, (we have been calling them levels, we have established the language between us, for the sake of communication), and there are a multitude of levels still within your auric field.

When you speak of leaving and connecting with the soul, you may be speaking of something different from that what is. And once you have passed through your auric levels of your human experience, then you are what you might call reunited with your essence, with your spirit, but the vernacular can be very tricky to work around. That is what we have been spending time with in getting Pam to understand.

Does this soul go on forever or does at some point, end or become one with everything.

It will become one with everything because also remember, we have no forever, we have no time, we simply are, we exist. But from your perspective it would go on forever.

A soul or spirit reincarnate. How many lives on average do they have.

Again this is a question of what you are considering reincarnation. We are simply present, we are, what we are, everything just simply is; so we need to find ways to express and use the language of your human-ness in order to answer some of these questions.

In answer to this one in particular, it is based on what you would consider free will, what you would consider lessons. We simply observe. We are in the type of realm that we simply observe and we come forward when asked.

What you are doing with Pam is it possible for everybody on this earth plane to do the same?

Yes absolutely it is a question of choice, it is a question of decision, it is a question of opening and it is a question of desire.

How would one open themselves for communication?

You would need to be as clear as possible. As clear as possible with yourself because without that it is easy to be distracted; it is easy to bring forward what you might call a less than positive type of energy and then you end up connecting with the ego as opposed to the actual divine connection.

Will you always be with Pam or will somebody else come and take over and you go onto to someone else.

I am here as long as she is requesting me. When she no longer requests I will not be here.

Good morning to you on this day of your time.

I have a question for you. Once a person has passed over and their soul and spirit have gone beyond the auric field, can they still contact their loved ones here on earth?

Again we have difficulty with the vernacular. Although we are calling it the auric field, we are aware that you are speaking of beyond that and we are talking about beyond the many levels.

When as you say your soul-spirit passes beyond this what we're calling the auric field, there is a sense of knowing in this field; there is a sense of being at one with your own self, your own soul, your own spirit. We have not clarified the wording but just to make it more clear.

There then becomes a deeper connection with the spark of that person's spirit, or soul, we won't keep repeating those words; we will just assume that you understand from now, where we are talking from.

Pam is seeing this vision of this idea in her mind's eye, and what she is witnessing is an example of when a person has left the auric field they have gone through a multitude of levels, at whatever speed they wish, because remember we have no speed, we have no time, but for the purpose for your language, once they get past that into this oneness, their spark then becomes everything. It is difficult to put into human words; we are going to continue to give an image to work with.

(The image is white, opaque and the image is a spark coming into this white opaque, but then it is met by innumerable counts of other sparks and all of these are part of the one spark that has passed through your auric fields.)

At this point there is no separation but there is all of these multitudes of sparks and many are all part of this white opaque visualization that we are giving her.

So again, using your vernacular, there is no conscious memory from the mind because they no longer are the mind. They will continue in what we are calling these sparks and white opaque (for the sake of visualization) we will continue with what they desire (again vernacular) what they desire for themselves at that point. They may go on to other dimensions, they may go onto other lifeforms that you, at this point cannot accept. But in their essence, they simply are. It is only you in your earth forms that much attach labels to this.

And perhaps you are asking if they will then return back. For them there is no back, there is no return because they are no longer in their mind (for the sake of vernacular) they are simply existing.

The difficulty that we are having now is in the description of all these multitudes of layers from what you call your human body to beyond this auric field, the multitude of layers in-between. As we have stated before, there is a myriad of layers and myriad of different forms, different concepts and ideas and within those concepts and ideas, is free will.

In one of the teachings we were speaking about the free will of being able to choose what frequencies and what levels you choose to be, or to reside in, or to utilize, within the myriad of these frequencies. And this is why you will have what you would call negative and positive frequencies.

It is different when we are speaking of from where I came. I am coming back through this auric field (as we are calling it) because I have chosen to do so. At some point those of us that choose to do this type of work are able to come back (as far as your vernacular is concerned) simply because we were never human to start with. So we did not have, or we do not have the need to come back; we do not have any need whatsoever, we are simply offering our help.

Does that answer your question somewhat?

Yes it does thank you. I need to go to another question. You mentioned different life forms that we are unable to imagine; could you explain further on that.

Yes there is most definitively more than the human body in existence. Some of you may call alien, some of you may call other life forms. All of these life forms are in existence. And they are all in existence within these multitude of myriad of frequencies. You could liken it to the free will to take on whichever form you choose, and you yourself take on the form of human. It is not necessarily the only choice that you have, but it is one of the lower energies.

While people are still in the auric field, do they reincarnate? You said when they get beyond the auric field they don't get the desire to come back. But if they are still in the auric field do they get to come back and have many lives on the earthplane?

Yes because there is free will and because within this auric field the human form can be manifested many times.

What does the soul have to do or to learn to get beyond the auric field?

To put in your vernacular, they simply need to learn to just be. And exercise their, we shall call it free will - although it is slightly different at this point, but to exercise their acceptance of who they are. And by who they are we are not talking about their humanity, we are talking about who they are in their essence.

Can you expand a little more on that subject? Do people when they reincarnate, do they tend to reincarnate within the same group, one lifetime after another?

You could liken it to a game. They play the game, they are not satisfied with the results so they play a different game.

Will the same soul reincarnate lifetime after lifetime or do they go with other souls.

I think the misunderstanding for you is in the essence, let's call it, the spark - the spark never changed. They simply take on one form or another. And in that way you can liken it to a game; they take as one form, you could say a masculine form, and that game doesn't play out the way they were wishing, so they simply play another game. But the essence remains the same. You could liken it to a shell. Within that shell is the essence of the same spark.

Thank you, that's a better understanding. I have no more questions, thank you.

Namaste

Good day to you at this time.

Hello.

We are pleased that you are here. So let us continue where we left off.

You are gaining a greater understanding of these energies and levels within your auric field, so perhaps we can move forward slightly and adapt a more suitable phrase or word than the auric field. As this one(in your language) can create a different idea than what we are trying to communicate for you.

It is an area outside of your present knowing, it is outside of your present, what you call superconscious or unconscious; it is simply outside of your realm within thinking the way that you currently view things.

It only matters to us in the way that we want to convey to you, your deepest wishes. Within the myriad levels inside what we have been calling your auric field, there is what we could call a *line of distinction*; perhaps that's better wordage but let's explore it.

There are many possibilities, there are many ways to view things from your human perspective; there is no judgement against these views; we are simply wishing to convey that those views, although there are many of them, are still within that auric field.

So perhaps you can speak about the image that we are now sharing with you. There is the image of your human form as it moves beyond this auric field and one side comes out as this, let's say, energy body, we'll use that colloquium for now, and the other side is still in human form.

This moving beyond the auric field can most certainly be accomplished while you are still living your life as a human being. And although it is not necessary to move past this auric field, it can be very helpful for you. It can help you gain perspective, not in to how small you are or how insignificant, that is certainly not what we are teaching. As a matter of fact, the human experience is extremely significant, as is all life forms. But when you pass through this auric field, you move beyond the human mind. You have a mind, shall we say, when you are beyond this auric field, however it is not represented the way that you feel your mind is represented now.

Let us call this ...expansion; we are searching for words that will resonate for you. We need to help you turn this image into a 3-D perspective and then that way you can understand it is not the line as you have been imagining (or as the language has developed between us so far in order to explain), but is a... for now let us say a 3-D image as your mind is having most difficulty accepting this concept.

And as you see in your mind's eye, these images of you moving deeper and further into consciousness, (pause) when you have that sense about your physical-ness that you are surrounded by a sense of, let us say buoyancy, or perhaps you could use the no gravity visualization that your astronauts experience; however for you, we believe the sense of buoyancy will have more clarity.

You are in this field, let's call it field of buoyancy and you see there are lines because whichever way you turn, whether it is up, down, sideways, on an angle, whichever way you are turning, you are surrounded by this buoyancy. And by buoyancy we mean the support that you are sensing. You sense that you are floating but at the same time you have a sense that you have a density about you; and you have support about you.

The difference with your feeling of what you are sensing in your visualization, is that this support is in you, around you, it is every part of you, whereas if you were in an anti-gravity tank you would feel the buoyancy however it would not feel a part of you - you would feel the separateness between yourself, your body and the antigravity tank.

There is no line of distinction. If we pass through these multitude of layers, you come into this sense of buoyancy. And this is that sense of buoyancy that you can experience within the multitude of layers that we have spoken of many times.

Long pause.

So let us for now call it the Lexi gram of humanity.(lex-i-gram

1. a symbol representing a word, especially one used in learning a language).

(long pause) It is difficult for you to let go and experience the sense of buoyancy; you have the visual concept and for now that will suffice.

Do the Akashic Records actually exist?

Most definitely; perhaps they don't exist in the way that you may imagine, or in the way that has been imagined by peoples before you, but they most certainly do exist.

Everything is energy; everything is a collection of energy and it transforms, it's transmuted but there is an energy imprint that is, let's say, collected. You could almost liken it like a beacon; the spark can go to the beacon. So as in the previous image, the opaque with a multitude of sparks within this opaque, the sparks then are able to make connections to what you are calling the Akashic Records;

they are actually making connections to other sparks and what Pam is seeing is the opaque and she is seeing countless sparks and then she sees the one spark, focusses on one spark which then goes to what you are calling the Akashic Records, but in actual fact is just an imprint, an energy imprint.

We see within the opaque, we see the multitude of sparks, the one spark we are seeing moving, and again moving (we are simply using your language) moving towards a cluster, let's call it, of sparks and this cluster of sparks could be considered what you might call guides, you might call, well suffice to say guides, and that spark enables itself to gain information from what you're calling the Akashic Records, to gain information that these guides hold for them, and hold for them in a sense of, the way that you would view a guide in your humanity. These guides are wiser, more experienced.

The auric field level that is closest to the earth plane, is that for the newly passed over or is that for the energies that need some more enlightenment that they were not, when they had their earth life, they were not really nice people, they were cruel or took other people's lives, would that be the level closest to earth.

When we are speaking of levels and when we use that type of vernacular, we are not necessarily speaking literal levels, we are speaking experiences, choices, desires. We are not necessarily saying one is closer to your earth, we are saying that some are closer to your humanity than others.

Why is it then that some people come through and they are extreme cruel to other people and yet we have other people that have lives that are almost saint like, they are compassionate and loving.

They are choices of their experience and what they are experiencing; they are choosing to express and let's say, experience or utilize.

When you pass through the auric level and have gone beyond and there is no mind, you are the essence, are you the essence of what we call God?

Close. There is an experience beyond that; that would bring you to your one source.

So when the soul attains perfection, they become one with the universe.

There is no perfection. Perfection is already in existence, even in what you consider negative energies it is still perfection. Those negative energies are using their choices and using their energies and frequencies in such a way, but they are still in essence, perfection.

How does a spark begin? What is the beginning of it; I'm not wording this properly.

We understand your question. It does not begin because it didn't end because it simply is. There is no beginning there is no end, it just is. You could liken it to an energy spark choosing to become human form and then it chooses its experiences thereof, and uses energy in such a way that we

have spoken of before in a previous session and those energies that they choose to utilize, they just utilize over and over until they choose not to.

People, when, in their life experience, when they meet somebody else and they become totally committed to somebody, totally in love with that person, when their existence on this earth plane finishes and they pass over, do they still have commitment to one and other, will the spark be there and will they recognize that spark?

Yes to both, but perhaps you need to remember that is prior to getting to that spark - past what we are considering or calling the auric field, there are still many choices and many levels; so the one in human existence may choose to go straight, it may choose to deviate, so in a sense, it would take what you would consider time, but in the essence and in the, let's say end, everyone is connected. So then of course there is a re-connection.

Ok.

And this does not solely rely on the level of experience on the earth. To suggest it would rely on, that is to suggest, it can only happen for people that have that connection and that deep love. Once you are past the auric field, it is only love, so including the energies that were not sharing those feelings will also be connected. Because the spark is only what you call love.

So based on that then this world is never going to know worldwide peace.

No, that would be a disparity between free will.

Yes, it would. Can you enlighten me a bit on what it's like when somebody passes over? We have read stories where someone has passed over and there's all these friends and loved ones come to meet them. Is that just a story or does that actually happen in that they are in their earth form when that person passes over.

Again you have to remember that the earth form is simply energy. So upon passing when somebody is, let's say, meeting and greeting, they will perhaps display their energy in such a way that it becomes looking like earth, human form. They are simply energy.

For somebody who is not born open to receiving messages, what is the best way for them to go about opening up and receiving messages? I'm assuming everybody can receive messages.

Yes.

And can everybody channel as Pam is doing now, can everybody do that?

Yes.

What is the best way for them to open themselves up?

Clarity. We have spoken of this previously. It is clarity that is needed. One must be as clear as possible within themselves.

Ok, when they sit down and meditate, they have to be very clear on what it is they are wanting?

No we are speaking more of clarity of let's call it spirit, clarity of soul, just clarity of intention. By clarity of intention we mean to have, as least as possible, lets say 'dark clouds' attached to the intention. Just to give you a visual to speak of.

Thank you. It's hard for me to comprehend of no beginning.

Because you are comprehending there is an end; there is no end.

Ok thank you. This information that you desire to bring forth is it possible or appropriate to give us a sense of where it's going, like what you're interest is in exploring with Pam.

Our interest is not necessarily important here. We are doing this because we have this agreement with Pam. However whether this information comes forward or not has no relevance for us. It is relevant for Pam and those who she may wish to share it with.

So based upon that, understanding I assume that the information that would flow forth to Pam would be very much dependent upon her desires and her intention

Yes.

Thank you. Is there anything that you would like to express to myself or Pam that would assist me or Pam or both of us?

In what way?Pardon me? In what way?

I guess especially in regard to our opening more to who we really are, vs just simply being attached to this physical experience and personal identity as (name removed) and Pam.

All of these identities that you refer to and insist upon are still part of all of who you are. There is no separation.

I understand that at the intellectual level, however as myself being identified as being (name removed) I am gradually opening up to...

More of who you are...Pardon me?More of who you are.Yes exactly.

It is still who you are. There is no separation here.

Thank you I needed to hear that. Geez I've run out of questions for the moment. I'll just sit for a moment if you are comfortable with that.**As you wish.**I'm curious about your experience of your

existence, is it, I understand through your words that you are simply present, do you choose to explore certaindon't know how to put that into words...experiences.

This is not an experiment, we are always present. Pam has called upon us a long time ago and we are answering that call it is just now that she is accepting our answer. In your language, we do not come and go, we are just here.

Right ok thank you. Have we known each other?**And who do you mean by we?**You and I.

There is a part of you that is familiar with how I am presenting myself to Pam. You would not call it the way we have chosen to call it with Pam, J'Paal - J'Paal is what we do not what we are.

We are from what you would call a realm of consciousness where we connect to whom those that are calling us. So it is not as if this a connection with Pam and Pam alone, this particular vibration that we are connecting with is a vibration so that we can communicate and learn to communicate with Pam, but we have what you would call abilities for multiple vibrations that all run simultaneously.

If we were to connect with you it would be connected in a different way because you would have a different interpretation, a different need, different reason for connecting. We would be connecting with you on those vibrations which would be different from those vibrations that we connect with Pam.

Of course that makes perfect sense. Thank you.**You are most welcome.**I feel very complete in this moment.

We are ever present for you and it is a question of whether or not you accept this presence. The level of what you would all challenge, is based on your ideas concepts, it is not based on anything that we do or don't do. We have no values like that, we have no beginnings, ends, blacks, whites, we simply exist and that is what is such a challenge for humanity in general because you need these comparative outcomes in order to grow; you need your comparative outcomes in order for you to reach what you want to reach.

Here's an image that we will give Pam. She has this white energy emanating from her hands. She is moving her hand and moving the energy and she is aware she is moving the energy and at the same time is not controlling it.

So would it be appropriate to say that it's more of a dance.

More of a?

More of a dance, it's not her trying to control it she and the energy are playing together, dancing responding to one another.

If you liken it to that type of symbology, you will end up separating yourself, you will end up feeling the separation, because a dance from your perception of a dance, does involve, if it doesn't involve two people and there's only one person dancing, it still involves the act of dancing.

Right, thank you. Brilliant. **We are glad you are pleased.** If it's appropriate I'd like to ask another question. **Yes.**

I'm curious as to your perspective regarding the earth experience, is it simply an experience that we for whatever reason, chose to experience, the third dimensional realm.

Yes, or what?

Well the old paradigm that I used to buy into was the karmic wheel and lessons and for me it feels more comfortable to look at this as simply an experience.

It is simply an experience, it is simply something that you bring yourself to for the experience.

Sorry can you say that one more time please.

It is something that you simply bring yourself to for the experience.

So it's not about lessons and getting of the karmic wheel, it's more....

Not in the way that you would perceive it. There are multiple experience and multiple experience that occur after what you call death, however those multiple experiences are simply experiences.

Thank you. **Most welcome.**

I feel very much complete at this moment and would like to express my appreciation to you and express my love.

You are most welcome, Namaste.

J'Paal do you have something to convey to the world.

There are always messages of peace and love and all of those wonderful attributes, but perhaps there is something more pressing.

What would that be?

There are these energy, we shall call them forces, within these energy forces there is a new collective and by new collective we mean there is perhaps not a new consciousness, perhaps just an opening of consciousness and we are well aware there are many people talking about this as of late.

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