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Excerpt from Chapter One:
Chapter 1, Masters of Limitation

What is your purpose in coming here, Bashar?

First of all, let me say that even though you seemingly perceive a single identity, I represent hundreds of thousands, even millions of consciousnesses that make up the Association of Worlds. In their own manner they have – telepathically, you could say – "plugged into" my consciousness for each of the interactions we have with you.

So understand that while there may be a gathering of individuals on your side for these channelings, there is a gathering of individuals on our side as well.

We have interacted with many other civilizations that are going through transformations such as yours, civilizations that are in stages of development where they have not yet allowed themselves to realize they could interact with other worlds in an open way. Those of us assisting in your transformation do so in an unobtrusive way that allows you to know you are responsible for that transformation, and not us.

Be aware, however, that we have a non-interference directive totally in effect.

This is the idea that any new civilization is left alone if it is in an evolutionary stage where it does not necessarily express an absolute conscious recognition that there are other civilizations with which it could communicate. The idea of our existence is not forced upon any world until such time as that world exhibits the willingness to communicate in positive, loving ways.

Using this format we thus stay one step removed for that and many other reasons. First of all, we recognize that you usually have a penchant upon your planet -- at least in the past have had a penchant -- for following the messenger, and not listening to the message. Therefore, since the information is more important than whom we are, for now we remain removed, allowing the information to have a paramount place in your minds. For if we were to appear and utter these phrases ourselves in physical form, people would be bowing left and right. Rather than your continuing to hold us above yourselves in some sort of awe, we wish to assist you in returning your power to yourselves, helping you to wake up and take back responsibility for the creation of your lives.

Why are you here at this time in our history?

We have always interacted with every civilization knowing beyond the shadow of a doubt that they are in every way equal to any civilization of which we are aware. If you, however, label other civilizations more advanced than your civilization, know that this is not just a matter of labeling; it is also a matter of perspective. But this may now afford you an opportunity to realize your civilization is changing and expanding, perhaps in ways similar to how our civilization has expanded. We recognize that your world is exploring ideas and levels of consciousness we have already explored, ones that have worked for us. As you create that exploration in your consciousness, we note that you radiate a particular frequency. We have picked up on this frequency and accepted it as an invitation, in a sense, to interact with you.

We communicate in order to reflect to you some of the ways these ideas you are exploring have worked for us, so that if you wish to, you can adapt and adopt some of them into your own reality – IF you find they work for you. This method always works best, because it allows you to decide for yourselves what the information is and whether it works for you or not.

We are in this interaction to put ourselves out of a job. Our dearest desire is to have there come a day on your planet when you do not need us at all. And then on that day we will be able to interact with you on an equal level. However, for that level of interaction you must open the door for us. It's your planet. The way you open that door is not by wishing for us to interact with you, not by the desire alone, but by expressing more of a desire for you to interact with yourselves as equals. Only when you do that among yourselves do you create the vibration that makes it possible for us to be able to come through into your dimension and see you face to face.

Very Low Frequency

For you see, there is an energy reason keeping us at bay. You have created your society to be one full of people who hide things from themselves, and this has created gaps in your energy field. These gaps create the illusion that you are vibrating at a very low and slow frequency. We are being of assistance to you so as to give you an opportunity to recognize that you can change your frequency and go through your transformation with an absolute minimum amount of negativity, in terms of the manifestations as they occur on your planet. . . . in the great changes which will take place during the next few years.

We do not mean this to sound egotistical or derogatory to you in any way, but when you encounter beings that are willing to be their full selves, these beings operate at a higher frequency. We could use the analogy of a faster spinning gear and a slower turning gear. When you bring a slow gear and a fast gear together without allowing them to match frequencies, and jam them into physical interaction, there will only be a disruption, a psychotic breaking.

Because the idea is that our frequency physiologically in a sense would force your vibration to accelerate at a higher level by being in proximity to our frequency. That would allow all the things many of you have kept buried within you to rise to the surface, forcing you to face them. This can cause psychotic shock to certain individuals.

Therefore, being of a different vibratory field than you, we cannot interact with you in a physiological way unless there is some meeting of the minds, or some pre-arranged purpose fitting the timing that best serves all those who are concerned. When the timing allows it; when it serves the purpose that has been agreed upon by you, we shall meet face to face. If we have not done so, then I will ask you to trust that the timing is not appropriate. And to know that when it is appropriate, nothing will keep us away!

Bashar, how can you prove to us you are who you say you are?

First and foremost, the main purpose of this interaction is not for the validation of my existence; it is for the validation of yours. We are not here to prove anything to you, nor can we force you to believe we are who we say we are. If your world insists it does not want to know we exist, we must respect that. The governmental structures you have created on your planet at this point are still insisting we do not exist, and therefore we cannot violate that chosen belief system. You have created your governments, and that is who you all are. When you make changes within the structure you have said represents you, then they will represent what you say is the popular will. At this point, they do not.

Do understand that your government is very well aware of our existence -- very well aware. But because you have created your society in layers that can hide information from other layers, many of your members do not have that data -- although many of the mainstream members within your governments do.

Quite a number of civilizations have already interacted with your world -- among them individuals from our world, Essassani, and from Arcturus and Sirius. And there are the Pleiadians and the Zeta Reticuli. There have been actual physical interactions between members of our society and your government.

A lot of us would like you to land your ships now, Bashar.

Before we physically land on your planet, we would suggest you take a good look around your world. We then would ask you this: Would you want to land in the middle of a war zone? For without meaning to be derogatory in any way, your entire world is a war zone... We therefore make whatever contacts can be made individually when the opportunities arise, and we do so quietly -- allowing the information to filter in, and soothing the raging fires of your world. Then by the time the fires are banked, we may land on Earth and openly communicate with you.

As we have often indicated to you, this time is approaching; within the next two to three decades this can be a relatively common thing. But right now, by many of your own admissions, in the general cross-section of your society you do not want such widespread interaction. Your society is not structured to handle it. It would cause -- in our estimation of your energy in general -- a destructureization of a negative sort, where there would still be fear and panic, where there would still be self-doubt and the belief that your reality is not in your hands. We do not want you believing we might be something greater than you, for far too many of you would be too willing to give over your power to us. We do not want it, thank you. We have enough of our own -- all that we need to live the lives we have chosen to live.

Our methodology is to use what you would call the tried and true method. It is the reflection to you of your own power so that each of you, individually and collectively, can make the decision as to whether or not you want to interact with us as a society. That is completely up to you. Should you decide no, we will be on our way. It is our perception, however, that you are deciding yes, and so we "hang around."

Do understand: in all the interactions we have shared with you we have been more than willing, and quite ecstatic, to experience and express the interchange of love, and to be of assistance in reflecting back to you what you already know about the power you have to create the lives you want to create. But it is not really our mission to provide this information. The idea is to establish relations, and that is what has been done. In communicating this way, and establishing "foreign relations" with you, we are accomplishing our primary goal.

As we have suggested before, the idea is that we choose to remain obscure so that we are not looked upon as your saviors. We are not here to save you; you do not need saving! We are not here to run things, to live your lives for you. We have our own lives, and are very busy, thank-you-very-much! We have no time to take responsibility for living your lives as well. But we do love you; we do desire that your world and our worlds shall one day soon explore together all that exists in the Infinite Creation, as we already do with many other civilizations. And when you determine as a group that we can interact as equals, we will then do just that.