Spiritual awakening is a deeply personal and profound experience. It can be lonely, challenging, and at times it can turn your entire world upside down. But you are never alone!

The Crimson Circle is a global affiliation of human angels that understands the journey of awakening. We share our wisdom, our stories and our love of life, all without membership, dues or rules. From our home base in Colorado, USA we connect with people in over 140 countries.

We love to laugh, we’ve been known to cry, and more than anything we welcome you to join us in the celebration of awakening.

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It’s been a great summer. The weather here in Colorado has been near-perfect, and Linda and I have had a whole month at home. After a busy and intense first half of the year logging over 85,000 air miles, we finally had a chance to sleep in our own bed, eat dinner at our own house and find the way to our own bathroom during the middle of the night. (Finding the bathroom in a strange hotel room late at night should qualify a person for combat pay!)

So far this summer I’ve planted nearly 40 trees and shrubs, put in about 20 hours on my tractor, pulled a lot of weeds and done about 4 pages of honey-dos around the house. With the help of friend and Shaumbra Larry Clark, I added about 100 feet to my ever-growing rock wall that has consumed about 130 bags of concrete and a small mountain of stones. (If you happen to be flying over the Denver area you might be able to see the Rock Wall from airplane window.)

In other words, it’s been a great summer. Time at home is always great. I tune out Adamus and the entities, and let myself enjoy life. Life can be challenging at times, but it is oh-so-wonderful when you’re on a tractor in the Colorado Rocky Mountains on a clear summer day. The nights are filled with the blaze of stars overhead that seem to be so much more brilliant at high altitude.

**Mental Imbalance Symposium**

But it hasn’t all been rocks and planting. We’ve had some incredible Shaumbra events these past few months. To start with, the first (of hopefully many) Mental Imbalance Symposia was held in June in Breckenridge, Colorado. It was like Adamus’ coming-out party. Together we explored the energies behind human mental imbalances. Adamus took the group through some personal experiences, including a DreamWalk in the realms of non-physical mental imbalances. It was the launch for Adamus’ most passionate subject, and I came away with a new understanding of the similarities – and the differences – between spiritual awakening and mental imbalance. They both involve the disassociation with the identity, although spiritual awakening is generally by choice and mental imbalance is generally by trauma and denial.

**Munich Midsummer New Energy Conference**

It was the best of times, and it was the very best of times. Every Midsummer Conference has been special in its own way (what could top the Quantum
Leap in 2007 and Tobias’ departure in 2009?), but the Munich Midsummer Conference was filled with the celebration of life from beginning to end. I can’t remember ever seeing so many smiles, hearing so much laughter and seeing so many people dancing at the first note of music. There was an important message in this conference for all of us: We’re beginning to embody ourselves. In spite of the challenges we’ve faced, we’re more alive than ever before. If I could have bottled the energy of the Conference, I’d put a label on it and call it Pure Shaumbra Joy. I’ve spent many a night back here in Colorado gazing at the stars and recalling the beautiful energy of the Munich gathering.

Salzburg Mystery School

The joy from Munich flowed down the autobahn into Salzburg for Adamus’ Mystery School. Check out the photos in the Shaumbra photo album (www.crimsoncirclephotos.com) to see and feel the energy of the gathering.

And more…

Since the beginning of summer Linda and I have done two webcasts about Spiritual Awakening (available in the free area of the Shaumbra Shoppe). It’s been interesting because we didn’t do a channel during these webcasts. Instead it was Linda and I talking as ourselves about spiritual awakening. We plan to continue the series this autumn.

We’ve also done several web radio interviews including shows with Joe Rumbolo from Healing the Universe program and Jaentra Gardener from Spirit Quest Radio. Both interviews are available on the Crimson Circle website at www.shaumbrashoppe.com/c-78-free-downloads.aspx. I love doing these shows (and Adamus does as well) because I stay right at home…. No airplanes or hotels to contend with.

This summer, Linda and I have had a chance to re-connect with the Crimson Circle staff. We don’t see each other very much during the travel seasons, so it’s been a pleasure to meet with them face-to-face for our weekly staff meetings. They are an incredible group to work with, and many of you can testify to that based on your personal dealings with the staff. Suzy Schemel, Lindsay Yogi, Michelle MacHale, Jean Tinder, John Kuderka, Bonnie Capelle, Mary Alyce Owens and Alain Bolea make the Crimson Circle the very special new energy company that it is.

Ah, it’s been a great summer. All too soon the days will start turning cooler and the leaves will start changing their colors. I hope your summer has been filled with love and joy.

Oh-be-Ahn!
For many years I have been treating patients in my homeopathic practice in Vienna. Normally the first consultation consists of a detailed interview with the aim of finding a remedy that matches their inner problems and helps the patient find their way out of their disease. Only when the remedy is similar to them can it fully unfold its effects.

During the second visit my patients usually report about the effects they have experienced, what has changed since the first consultation, and what confining structures have started to dissolve. Each time I am deeply impressed with the powerful effects of the remedies, and sometimes I even feel a slight envy – only a few pellets that trigger such deep-going changes. I would love if it would be that easy for me. Like many of my fellow homeopathic doctors I have been in search of my simillimum – the “remedy similar to me” – for ages. The range of remedies is wide and the themes offered by life and also homeopathic medicines are never ending.

When I decided to go to Egypt with Shaumbra, I felt that something beneficial and healing was waiting there for me. Although it was financially difficult for me, I was completely sure that I would go – at any cost.

My expectations about Egypt were widely exceeded. The journey itself with so many Shaumbra was overwhelming, and sailing on the Nile an unforgettable experience – heavenly and divine. Actually, there are no proper words for it.

My first outstanding experience was in Karnack when I saw the statue of Sekmet – dark, mysterious and full of pain – which filled my eyes with tears. In one of the rooms of the incredibly large and spacious temple with an altar in the center, I leaned against the wall – and suddenly saw pictures of fire, a huge fire sweeping through the temple. I looked for any remains, but found no evidence, so I felt that my overly vivid imagination was playing tricks on me. But the images left me no peace, and so I later asked the guide about the history. He told me that the roofs of the temple had burnt down long ago in a large fire.

In the chambers of the Step Pyramid, my inner eye saw pictures of floods. And again, the guide confirmed that before the dam was built, the Nile had regularly flooded the pyramid. In the other temples I also had the feeling of already knowing them – that I had been there in the mists of times.

However, of all the many experiences and adventures during my trip to Egypt with Shaumbra, the encounter with the Sphinx left the deepest and most lasting impression on me and triggered a profound change within myself.

I stood in front of it and laid my hands and forehead on the stone. In this very moment I had the feeling of traveling back thousands of years and I heard the phrase “thrown from the throne.” It came right out of the stone and hit me like a flash. I could not move, so I just stood there for a while. It was hard to keep my body upright.

First, I felt rather embarrassed to find myself among those many others who are convinced they have sat on a throne somewhere in the universe. But my cells reacted so violently, enthusiastically vibrating in delight to finally have found what they were looking for for such a long time – their similar and therefore healing remedy!

Continued on the next page
Pictures of past lives appeared as if illuminated by a giant spotlight. Suddenly so many things in my present life seemed incredibly clear, just like my patients who often report that when taking a homeopathic remedy, past issues suddenly come up and show themselves so clearly in order to dissolve quickly. It would take a few more weeks before I finally realized what deep pattern came up and revealed itself in that very moment. It was the theme of the sudden end.

Thrown out – from my familiar environment where I belonged, from my own place where I felt at home – to this sudden end, haunted with the feeling that nothing will ever be the same again. No longer connected to the outside world, family, nature – left all alone and by myself, the energies no longer flowing. All that was left was the dungeon, the feeling of being imprisoned for so many lives.

The stone had confronted me with my own history, like a homeopathic remedy that brings us in touch with our past, calls it back into our memory, so that it can say farewell and leave. It felt like the contact of the Sphinx had opened a direct channel to my themes in the past – as if they had been waiting to finally be set free.

My whole life I had felt fear that suddenly everything could be over, and this brought up a sense of panic and certainty that “there will be no tomorrow.” I painfully experienced this theme first at 13 years old when I had to undergo emergency abdominal surgery. In retrospect, the operation was a sudden cut that separated me from my youth and brought my body energetically completely out of balance for a long time. In old photographs one can see the shock written on my face – as if I had to face the end.

As a result of the operation I was never able to move my right shoulder freely. But I was not aware of it because I did not remember how it had felt before. I only suffered now and again from problems and pain when I used the right arm slightly too much. When working on the computer and also, to my great regret, when playing the piano, I had to reduce these activities to a minimum so as not to strain it.

Also my relationships with friends often found a sudden end, sometimes through external circumstances, but in many cases I just was not able to see them again. I just did not know how to continue. That has only changed now, since I have understood that there will be a tomorrow and I do not have to start on my own again and again and go on by myself.

In one relationship with a man I experienced this pattern extremely intensely. The energies were incredible, all my cells were vibrating, we just had to look at each other and the air was overcharged. Yet each time just before we got closer to the – in my opinion inevitable – physical approach and discharge, there was suddenly this abyss, pictures of collapse and a sudden end. At that time I could not understand what stood behind this incredibly painful pattern, for it was obviously the repetition of something very old. Only today, many years later, we are able to have a relaxed and friendly relationship without the old pain.

Homeopathic Remedy – continued from previous page

Would you like to receive the download links to each monthly Shoud as soon as it is ready (usually 1-2 days)? If you already receive email announcements and newsletters from the Crimson Circle, you don’t have to do anything. The email will show up in your mailbox automatically. (If you don’t see it within 4 days after a Shoud, please check your spam folder.) If you’re not on our mailing list, simply click here to fill out a simple registration form and you will receive these links automatically every month via email. We’ll take care of the rest for you!
Another partner, due to a failure of the company he was working for, was arrested and sent to military prison. He just suddenly disappeared and it took four weeks until the matter was clarified and he was released.

Many years later, another man in my life disappeared without a trace six weeks after we had got to know each other on a very deep level and were building our relationship. It took four years before he came back – from prison. Naturally, the relationship had also come to an end.

Before going to Egypt I never understood why I felt such an alarming proximity to prisons. Now I understand that these men had revived in me the memory of my own times as a captive.

The contact with the Sphinx was like I had taken a high potency dose of an appropriate homeopathic remedy, which touched the pattern of the sudden end and unfolded its healing powers.

A few weeks after my return from Egypt, I noticed my right shoulder blade had changed. It felt surprisingly free and very new. Before, I had perceived it always as something stiff and inflexible; I have absolutely no memory of its freedom of movement. Every day it amazes me again, how my shoulders have regained their freedom. I can lift my arm at least 10 cm higher than before, as if there is no more obstacle. I feel that my encounter with the Sphinx eliminated a very old shock pattern that was blueprinted in my body.

In the old temples our energy is stored and waiting for us to come to redeem it and to free ourselves as well, just like the homeopathic remedies free us of old patterns and themes that constricted us for ages.

It makes me extremely happy to have finally found my personal remedy, albeit in a somewhat unusual form!

Dr. Christine Laschkolnig studied medicine and homeopathy in Vienna, Austria. She continued her homeopathic studies with many different teachers in India, Germany and England.

Since 1991 she has been running her own private homeopathic practice in Vienna and regularly holds seminars on homeopathy for laypeople. As a result of these seminars she recently published her book “Homeopathic Healing – Self-Responsibility Replacing Fear”, available soon on Amazon.com.

Dr. Christine may be contacted via email at christine@laschkolnig.com. Her web page is located at: www.laschkolnig.com.
To those of you who know my first album “Lemurian Home Coming,” I’m particularly happy to announce my new album – “Atlantis Remembers.” The process of creating this kind of music has become a new adventure for me. Working exclusively with my own voice instead of instruments is a challenge and a blessing at the same time, for it is total freedom and total responsibility. I have come to love this way of creating music very much.

Cacina and I were part of this year’s wonderful Egypt trip with Crimson Circle. After we had returned back home it was our intention to create a music album based on our common Egypt experiences and I soon began working on the music. What followed was kind of a surprise to me. The music somehow would not open up. I experienced a degree of “composer’s block” to something that I had thought was going to be easy.

This continued for about two months until there came a point of decision. I needed to either let go of my preconceived ideas of how the music should be, or accept that there would be no new CD at all. I decided to let come what wanted to come. As soon as I let go and allowed myself to “lean” into the field of possibilities, the music opened up anew. Atlantis as a theme became present almost right away and things began to move again. “Atlantis Remembers” was born.

It also occurred to me that some of the most intense moments for me on the Egypt trip had been about Atlantis. These included both Ah-Kir-Rah’s messages inside the King’s Chamber about where we originally came from and what the Great pyramid was actually used for, as well as Adamus’ final channeling on the boat about “The Atlantean Dream.” These sessions had touched me deeply and I now began to realize that Egypt had in fact initiated an awakening in me – to my time in Atlantis. Although I’m aware of the Egypt-Atlantis connection, it was still somewhat unexpected. Insights and all kinds of Atlantean remembrances began to emerge. It was indeed a very emotional process for me, as a different kind of music began to flow.

Once again I became aware that since Lemuria we had been in the process of forgetting who we really were. As humans we were moving from a strong...
inner connection to Source into spiritual “descension.” And especially in the end times of Atlantis the mind took over decisions that used to be matters of the heart.

At some final point we were a handful of humans left who still were connected to ourselves and the Earth, but we felt the “veil” coming down between our divine awareness and our humanness. Together we decided to preserve our knowledge and encode it such that it would require a matching level of consciousness to even be recognized. And more importantly, it could only be deciphered through the filter of the heart. The journey from this point in time, over eons of lifetimes, finally making it into this one – this is what the three pieces on my new album “Atlantis Remembers” are about.

“Call Of Atlantis” – Standing at the ocean shore we entrusted our ancient wisdom to the waves. We made a covenant with Gaia for the safekeeping of our sacred messages across the corridors of time, to be re-discovered by ourselves in a future day to come, when we once again would be ready for it. That future day is now.

“Stellar Lullaby” – As a soul sings a fairy tale of Home – travelling through dimensions, longing to hear the “song” it so deeply wants to remember – it listens for the echo of its own voice. And as the sound comes back, it knows in what direction to move. A stellar child learning to walk this universe.

“Dawn Of A New Day” – That future day we were seeding in Atlantis is now. The point in time where we would meet ourselves again, remember again, awaken again, is now. Finally having arrived in this luminous time that we have so passionately orchestrated to be a part of, this time we are waking up and this time we decided to do it together. We are discovering the Atlantean Dream that we seeded together so long ago. As ancient knowledge comes to life again, through us Atlantis Remembers what was once forgotten – the heart.

The process through which this album came about showed me that planning is good – being in the moment is better. It’s not always easy though, I’ll admit that. Opening my heart in music through my voice is my strongest divine connection. I feel blessed that I can share this with so many of you.

Anders Holte was the winner of the “Tobias’ Departure” Song Context in 1999. Since then he and his partner, Cacina Spaeth, have performed at numerous Crimson Circle events. They reside in Munich, Germany. Atlantis Remembers is available as a digital download in Shaumbra Shoppe. You may also listen here to sample clips of Atlantis Remembers.

Anders and Cacina are scheduled to perform at the November Shoud in Coal Creek Canyon.
What Past?

Stories. Oh, how we love them – and with good reason. Telling stories is how we’ve communicated and shared wisdom for millennia. It is how we define who we are and how we share about ourselves with others. Stories generally reinforce everything we “know” about ourselves. Ask someone “How are you?” and they will tell you – along with a story to prove it. Stories are how we maintain our continuity, and up till now that has been fairly important.

On a personal level, I’ve had a pretty big story going for a long time, and at the Journey of the Angels workshop in June 2009 I realized just how long and how deeply I have been committed to this story. It was the story about creating Earth and then working very hard to make it a success. I came to understand how so much of my passion has been fueled by my ancient commitment to this story.

Just a few weeks later in July I participated in the Midsummer Conference and Farewell to Tobias, one of the most beautiful stories I’ve ever been a part of. Tobias’ love for humanity, his deep and personal friendship with Shaumbra, his love for Earth with all its beauty and potentials, and his passionate desire to return once again – what an incredibly precious story it has been. But the moment of Tobias’ farewell wasn’t about him returning to continue a story. It was about the completion of that very precious story by himself and all of Shaumbra – and I felt it to my core. Eons of my existence had been driven by the desire to see this through, to see humanity get to this point in consciousness – and we did it.

Back in my room at the end of the day, I collapsed. It – eons of ‘it’ – was over. I had given everything I possibly could, there was nothing left. My part was complete, everyone else could take it from here. After the Conference I went home, wanting nothing more than to be completely alone (instead of the several weeks of visiting friends and family that I’d scheduled). So I went through the motions of life, but inside I was far away. It took several months for me to “come back” and be here fully, to find some of the joy of life again.

Then, about two weeks before the Midsummer Conference in Munich (July 2010), that deep dark weary emptiness came back full force. I kept it hidden but it was deep enough to almost overwhelm me. But once again, the busy-ness kept me going.

When I arrived at the Salzburg Mystery School a week after the Conference, I was finally ready to shift, though I didn’t know it yet. On the first day Adamus actually managed to trigger some serious anger in me, though the intensity of the feelings far outweighed the trigger. I spent the rest of the day energetically fuming and cussing at him, only made worse by the fact that I knew he was just being there, watching and grinning. And every time I tried to figure out “why” I was so mad, the words and stories would evaporate. I just had to feel it.

Eventually I found that underneath the anger was still that exhausted and empty feeling of I am so DONE. That old story about being committed to this Earth project for so damned long was constantly in my awareness, playing like...
a broken record in my mind. The next day of the Mystery School, Adamus said something that changed everything, because this time I really heard him.

“Your prison is your past. You are carrying it around with you. Now you’re processing it and that’s going to guarantee that you’re going to stay in that prison a long time. You’re crying out for freedom and liberation – and you have the key. You can open it up any time you want. You can let go of the past any time. Your I Am is actually “I Was” because you’ve defined yourself by your past. Who you are right now is who you were before.

“The Master is not bound by the past. A true Master understands that there really is no future, it’s just the past repeating itself over and over until you make a conscious choice to release it. You can let the past go and really be who you are.”

Ah, I had been so stuck in my grand story of how long I’d been committed to this project, how tired I was, how hard I’d worked and blah blah blah, that I was completely bound up in it. In defining myself by who I’d been and what I’d done, my Now moment had been lost, and with it my creativity, passion and joy.

Suddenly I discovered something. All I had to do was take one more step, go a little further “back” – back to the timeless moment before I jumped into that story all those eons ago – and I was free! Completely FREE!!! I loved my story but it had exhausted me. I was devoted to my story, but when it was done, I hadn’t figured out how to let go of it. I was reading that final chapter over and over again, not remembering that I could just close the book. I had been so defined, driven and now limited by this amazing story that I’d forgotten to let myself look at other potentials. It was time to stop being a victim to my story, for therein would be my TRUE freedom.  So, I let it go and began to feel the unwritten-ness of every moment, as felt from the perspective of being newly hatched from the Wall of Fire, but with the wisdom of eons of experience.

Since then, life has changed for me – on the inside. I have been letting go of caring what others think (about how well I’m living out my old story); I’ve been asking for what I really want (no matter how grand or ridiculous it might be); and generally looking at life in very new ways. I still love what I do, but now it’s not a mission to accomplish properly so much as an expression to just live and experience.

If the Wall of Fire is when you experienced all your possible potentials and wrote all your possible stories, then you have an enormous library of story-books to choose from. I had picked a big one, been absorbed in it for ages, and my editor self had been going over it again and again, trying to make it just a
Shaumbra Heartbeat - continued from previous page

little better. But now it’s time to go back to the library and choose some of the other books I’ve never checked out – or maybe even write a new one.

How devoted are you to your story? How much do you treasure the ways you define yourself? How tightly do you hold on to the things that explain you? It’s doesn’t matter, but there’s a place inside where you can choose again; where you can put that story back on the shelf and try out a different one. It doesn’t matter how long you’ve been reading it or telling it; at any point you can be done with it. How often do you compare today with yesterday? How often do you expect a certain outcome because that’s the way it’s been before? Maybe now it’s time to pick a new potential. As Tobias told me years ago, “You’ve loved your story, that’s why you’ve lived it. But now it’s time to let it go.”

I still encounter stray bits of my old story that I’ve tucked away, pages pulled from the book and stuffed in my pockets to remind. But one by one I’m choosing to let them go as well, precious though they’ve been to me. All the old connections and patterns and dramas and traumas – it’s all just a tired old story. I know it backward and forward, I know the players, the plot and now the ending. It’s time to close this beloved old book.

And, now that I know I really did write every book in my library, and now that I’m reuniting with that amazing creator Self of me, just maybe it’s time for something completely new. But that’s a story for another day...

C A N C E R :  
A Wonderful Opportunity to Enjoy Life!  
by Jessie Jandt

Many years ago I joined the Shaumbra family, feeling that this was what I had been looking for all these years before. Like many of us, I tried to create things – but always from the mind. So of course the creations didn’t manifest, and naturally doubt came in. Through the Shouds I learned that we’re all in a process. So I just hoped that one of these days I would be a great conscious creator – just for the good stuff of course!

The first Crimson Circle seminar I attended was the Channeling workshop on Mallorca two years ago. I was very impressed by all these energies and loved practicing the channeling. Back then I didn’t know how important this would become for me.

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feel and then choose right there during our session. Well, I chose life and to continue being a New Energy teacher. Yet, I clearly felt that a chapter of my life was coming to an end – to make way for a brand new one to begin. Still that could mean that my life in this physical body would be terminated. Jeez, I remembered all of a sudden that during my teenie-times as a child, I kept wanting to know when my time was going to be over! Looked like a big creation was manifesting now!

On January 7, 2009 I was confronted with a life-changing experience. Looking at a devastating x-ray picture of my chest I hear a doctor telling me: “The cancer is all over. There is no chance for healing anymore. With chemotherapy we can prolong your life a bit, maybe. You’ve got approximately 4-5 months to live.”

Immediately I chose not to prolong anything and left the clinic. Being a naturopath I despise toxic chemical drugs anyway. Although tears were streaming out, I realized to my amazement that I didn’t feel like hanging on to anything or anybody. Here is where I truly experienced what Tobias said over and over: It doesn’t matter! How true that was. Nothing mattered anymore – I had totally surrendered!

With one exception: for 8 years my dog Lucy had been at my side. I was concerned to find a new owner for her, a place for her to continue to be happy, even though I would have preferred that she cross over together with me in a natural way.

After the diagnosis I totally let go of my human life for four days. I stopped eating and drinking. The situation made me sad in a way, but then again I was in total peace with it. To my amazement I noticed how much it triggered in many people who were close to me. I realized that I was a teacher now in a different way.

On the evening of the fourth day I remembered how Neil D. Walsh had his ‘Conversations with God’ and I had a sudden impulse to do it the same way. I talked it all out, speaking aloud what came from deep within. After maybe 30 minutes I felt very calm, just knowing that I had been listened to. And oddly enough I also felt a lot of joy inside of me.

Waking up the next morning I felt even greater joy. Wow, what had happened? Suddenly I knew that I truly had chosen to continue living – no longer taking the doctor’s truth for mine. The following days and weeks many gates opened up miraculously, showing me ways to support my body in its healing process in a natural way.

This past year has been filled with extreme ups and downs, sometimes caused by severe pain attacks that couldn’t be influenced by any medication. When the strong pain set in, my trust was gone in a heartbeat. But to my amazement the trust came right back in, as soon as I felt better again.

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**Cancer - continued from previous page**
realized that this was "being in the Now moment"! The trust in my creatorship continuously grew – and is still growing. In fact it’s getting real strong!

In February 2010 I attended Dreamwalker Death. I just wanted to “play it safe” and get to know the way. Actually I had wanted to do this seminar right after my diagnosis, to sort of hop over while being guided to the Bridge of Flowers, but I was in such a bad condition that I had to postpone it.

So one year later I’m experiencing this wonderful workshop, feeling rather safe already, and here came the next surprise. Not doubting for a moment, I just knew immediately that I wanted to continue life in this very body – a life full of more joy and passion than ever before! And I am surely doing that now.

To top off my passion to experience more of this life as an awakened human, I attended the Sexual Energies School in June. My intention was to release the drama energy of the cancer. Oh, I released so much more! As a matter of fact, I found this workshop so fundamental, that I immediately felt the wish to become a teacher for SES.

With an inner smile I realize that I have invested in the future again, big time. Last year at the same time I wondered if it was even worth it to buy myself a new pair of shoes....

Well, my physical body still has to deal with all those metastases, and I feel that I accept either outcome in the long run. But as for now, I am in the Now moment – enjoying life in this very moment, creating consciously all the time!

I keep telling people that all the wisdom, love and energetic support from the Crimson Council Angels, along with the work that the Crimson Circle does, has helped me to understand and deal with my creation. Without all this I would have felt like an “ordinary human” – being in total fear. What an illusion!

I am grateful for all that is! Also I am dedicated to be a Standard for other humans who choose to wake up!

You are right Adamus, ALL IS WELL IN ALL OF CREATION!

AND SO IT IS!

During the time of being a foreign language secretary Jessie studied natural-holistic therapies very intensively. Eventually she became more and more aware that she wanted to make her passion her profession. Her own experiences finally made her start her first substantiated medical trainings in Stuttgart, Würzburg and Nuremberg. On April 21, 1999 Jessie took the alternative practitioner exam in Heilbronn. Since then she has worked in her own practice.

Email: Jessie.jandt@gmx.de • Web: www.naturheilpraxis-jandt.de
We caught up with Hannibal Means a few days ago to see how he is doing after being featured several times on the hit TV show ‘America’s Got Talent.’

SHAUMBRA MONTHLY: So how are things going?

HANNIBAL MEANS: Yesterday I was on my bike all day, meeting people. There were crowds of people around wanting me to sign. I went in a jewelry store in Los Angeles last week and there was a Persian woman who immediately said, “Oh, I’ve seen you on TV! Oh, I want your autograph and I want to take a picture with you!” So I’m doing this for her, and she began giving me jewels. I said, “Oh, thank you. You’re making me feel like a king!” She said, “You are a king!”

SM: That’s amazing. How is it for you? Is it tiring or do you enjoy this?

HM: Oh, it’s fun, because I said YES to it. I said Yes to all that comes along with being great and saying Yes to greatness. I’ve been saying Yes for at least 25 years consciously, but for many years I said it in my head. And then for many years I said it from the heart. But now when I say it from the soul, She says it in a totally different way. And that is the ‘Yes’ that has touched millions of people.

SM: How would you explain the difference to someone who’s trying to say Yes and doesn’t quite know how to do that?

HM: It takes breathing the breath of peace and getting very still. What I found myself doing was saying “Yes” when I did my breathing, and then I heard my soul say, “Yes” back. Then we could sing it together.

During a conversation with Howie Mandel he looked at me with big eyes and said, “Do you have any idea how many millions of people you have touched?” And I said, “No, not really. I don’t go out there. I stay with myself.”

I have to give Suzy Schemel (on the Crimson Circle staff) a whole lot of credit, because I was in Las Vegas and I called her and she said, “How are you doing?” I said, “Well, you know, I’m a little … I have to be very honest – I’m scared.” And then she reminded me of this beautiful quotation from Marianne Williamson:

Our deepest fear is not that we are inadequate.
Our deepest fear is that we are powerful beyond measure.
It is our light not our darkness that most frightens us.

Continued on the next page
We ask ourselves, who am I to be brilliant, gorgeous, talented and fabulous? Actually, who are you not to be?

Then I remembered it, and I breathed that quotation again, and I felt the energy of it and said, “Oh, that’s what it is, yes. I’m afraid of my greatness.” I’ve been doing this for over 30 years, honoring my greatness, but it was from my head and even from my heart. But when it came from the greatness of the soul, it was a totally different greatness, which actually felt much more authentic. And then when I had the nerve to stand up and say those words, “I’m here to move past the fear [of my own greatness],” that went out. It was like saying a Yes that could resound in the whole universe.

SM: You seem incredibly great. You seem amazing and outrageous and wonderful and inspiring. For someone who seems so great, how is it that you were afraid of your own greatness?

HM: I know that’s the big question because a lot of people really don’t believe me. They think I’m an egomaniac. For me it unfolds like a flower or like levels of an onion skin. To get up there in front of those people was, for me, going, “Hey, I’ve got to tell the truth.” What’s my fear? I’m afraid I’m going to get on the stage and my mind is going to fu** me up and make me miss the high note. In Las Vegas the air is so dry that when I got out on that stage, after ten seconds of singing my mouth and throat were totally dry. (he laughs) And I’m saying to myself, “Trust. You’re here to face your fear, and you’re doing it.” It was a wonderful experience for me, because I was totally in the moment. I had no idea how angry I was when I moved to Europe 25 years ago. I had worked on my voice and on auditioning and singing my whole life, and I was really angry about the many times I wasn’t chosen because of the color thing. Now it really doesn’t matter, and I was so happy that I took the time that I needed for myself in Europe to go past it and to be outrageous in a way that I can live my life without that rage. The tenor in opera is always the hero and the lover, and it just was not allowed for many years in the United States for men of color to sing those roles. It’s just the way it’s been.

When I got on TV, many people would write and say, “How dare he speak in his affected way of speaking.” But I was nurtured as a child by my mother, who was a public speaker, to speak clearly and distinctly, and I had mentors and teachers where my diction had to be absolutely perfect. From a child, I was always blessed with eloquent mentors who all spoke very well, and I had very good examples of people who would speak from an authentic place.

SM: And now you are an example!
Hannibal Means - continued from previous page

HM: (laughing) You have no idea how many kids, how many young people say – one boy even said, “Oh Hannibal, I just got a new cat and I named him Hannibal Means” – they write and say, “When you got eliminated from Americas Got Talent, I wept, I cried.” One woman said, “I was so mad, I threw my pillow at the TV.” They say, “You got robbed.” And I say, “Is that true? How could anyone rob me?”

You know, I took a small hotel across from CBS, and I had a dream that my cell phone was being stolen. And when I woke up in the morning, I looked in my bag and my cell phone was gone, my iPod was gone – my beloved iPod with all of my Tobias materials – and my plastic wallet with my passport and seven hundred dollars cash – all the money that I had. I took a deep breath and I said, “Oh yes, there are no victims. I’ve just been given a gift from the universe, which means that I get to create a totally new identity, because that’s the thing that I feared the most. My passport has been stolen, but I’m just going to breathe and say Yes!”

But what was so interesting, last week there came a letter in the post, a little package, and I took it in my hands and breathed and felt the energy of it, and I said, “Nora, it feels like there’s something of me in here.” And I opened it and lo and behold, it was my little plastic pouch with my passport inside! You see, I had given up my identity and said Yes to creating a new one, and then my passport came back.

[Many people have] a fear of expansion, because they feel and think, “If I get too big, if my energy gets too big, I will get hurt again, and people will think that I’m stupid and crazy and all of that stuff. I dare not expand. I dare not be bigger than other people,” because there’s a part deep down inside that says it’s bad to be outrageous. So it’s about not giving a damn about what anybody thinks. Many are always afraid. It has to do with the belief that you have to take care of the feelings of other people. And you do not.

SM: You inspire so many people.

HM: That’s what people tell me. Even some of the young people write and say, “You inspire me to share my energy in the world. I’m going to do what I learned from you.” Isn’t that wonderful?

Hannibal has been seen on national network television in the USA including America’s Got Talent, The Tonight Show with Jay Leno, and the Soup. Hannibal will be performing live at the September 4 Shoud and Webcast.

He will also be conducting a special workshop, “Finding Your Authentic Voice” on Friday, September 3. This is one of the greatest gifts you can give yourself! In this special workshop, the ancient basics of human vocal production are felt and experienced with great passion. With an emphasis on breathing, the resonance of both the speaking and singing voices are explored.

Friday, September 3, 2010 • 1:00 - 5:00 PM
$80 by August 31, $95 at the door
Coal Creek Canyon Community Center
31528 Highway 72, Golden CO 80403
For more info click here or contact:
Suzy Schemel • 303-642-7300
Creator – Shirlynn Gildea  
Creation – Loving All the Colors (Children’s Picture Book Ages 3-7 years)

On the surface, Loving All the Colors is a simple, eye-catching book that deals with two things kids love: bright colors and bugs. It is written for the beginning reader with lots of repetition and patterning.

At a deeper level this book explores the difference between thinking and knowing. It encourages us to step out of our boxes and embrace the beautiful diversity of our skin colors.

Email: shirlynn8709@comcast.net  
Website: www.shirgildea.com

Creator – Jan Brouwer  
Creation – The Shift Program

Unlocking yourself, your passion and abundance ...

Have you been on the spiritual path for some time? Do you have problems with integrating the spiritual teachings in your daily life? Does your energy, passion or abundance feel blocked? Do you experience doubt and frustration because the changes you want are not manifesting? Do you feel ready for a big shift in your life? If so, The Shift program may be for you.

The Shift program takes four weeks and offers you the following:

• Practical information and tools from various spiritual and non-spiritual sources;
• Daily assignments that will help you redefine your reality, deal with uncertainty and release limiting beliefs and fears;
• A new way to experience freedom, passion and abundance in your life.

Previous participants have experienced big shifts in their lives (see Testimonials), however, the results of the program ultimately depend on your own willingness to “walk the talk”. Please visit the Format & Content or FAQ page for more detailed information about the program. To register for the group program or purchase the self study course click here.

Email: jan@i-nextonline.com  
Website: www.theshiftprogram.com

Creators – Safataianaya Solar  
Creation – The Expanded Golden Spiral: Metaphysics and Consciousness Evolution School

The school’s services are given at the highest and updated level since 1995 and are intended for each and every one of you in order to receive facilitation by dealing and overcoming your different problems practically, your own personal progress and going through the integration and completion process easily.

People at all ages and from different fields, from Israel and many other countries are learning and being facilitated by the original and unique infor-
mation which is given by the master-teacher Safataianaya Solar. Visit the website for more information on:

- Consultation and guidance sessions, in person and via email
- Studying and seminars
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- Lectures
- Books
- Personal consciousness evolution
- Self awareness through the consciousness beyond the mind
- Being an ascended master
- CD “The golden integration”
- Gemstones, pedants, wind chimes with gemstones, nature’s pictures and more.

Email: Solar152@yahoo.com
Website: www.golden-spiral.com

Creator – Placidia Maria Espinha
Creation – The Priestess of the Waters

This is a historical novel, set in Lusitania, 198 BC, in the vicinity of Pinhel. Lylwine has just turned twenty. She is the youngest daughter of a Lusitanian governing king. For the past seven years, her most cherished dream has been to become one of the Great-Mother’s chaste priestesses, surrendering in total devotion and service to the Temple. While sitting on a stone bench in the forest, she listens to her Master Adamur, a mysterious druid, as he tells her that her instruction has finally come to an end. She is now “ready” to assume her choices.

Lylwine is ecstatic. She can hardly believe her dream is finally about to come true. At this very same moment, the chief warrior of the Lusitanian tribe, Mirama, suddenly invades the sacred space. He is the bearer of unexpected news…

All at once, Lylwine is pushed into a myriad of emotions and duties and the course of her life is about to change forever. Step by step, she shall eventually find out, which ones were actually her “true choices”.

Email: lyspax@gmail.com
To Order: (paperback) www.lulu.com; (e-book) www.lulu.com

Creator – Karen McMahon
Creation – What If...Changing What We Think Can Change Our World

This is a beginner’s book about how to look at life differently. It addresses a variety of subjects with a number of “What if...” statements to challenge old beliefs and begin to form new ones. It does not provide a “right” way of thinking or require acceptance of any particular beliefs or ideology. It simply asks if your beliefs make you happy. If not, are you open to changing them? This is a book to enhance the love and joy in your life by making changes in your beliefs and seeing the world in a whole new way.

The new energy involves love and happiness, courage, friendship and joy. It’s about letting go of your old beliefs and making a wonderful difference in your life and in the world. The new energy supports us as we choose to change and grow into our own unique creation and then share that with the world. This little book can be a first step for those not familiar with the new energy to begin to question where they stand, what they believe, and begin to make changes that enhance how they see the world, how they feel about themselves, and begin to make changes that enhance their lives.

Email: km101@embarqmail.com
To Order: www.amazon.com
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Offered through our Mentor Teacher Program

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Salt Lake City (Sandy) Utah
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Aspectology
The New Energy Psychology
TEACHER TRAINING
Kelowna, B.C. Canada
Oct. 8 - 11, 2010
Presented by New Energy Teachers – Tammie O’Rielly & Faye Stroo
Berlin, Germany
October 1-3, 2010
Presented by New Energy Teachers - Sandra Heuschmann & Wolfgang Riedl
Berlin, Germany
November 6-8, 2010
Presented by New Energy Teachers – Sandra Heuschmann and Wolfgang Riedl
Spoken Language at the Teacher Training: German

DreamWalker Death
TEACHER TRAINING
Presented by Lucieta Gavril and Silvia Marin
Bucharest, Romania, Jan 13-16, 2011
Berlin, Germany
August 29 - September 1, 2010
Presented by New Energy Teachers - Sandra Heuschmann & Wolfgang Riedl

DreamWalker Ascension
TEACHER TRAINING
Berlin, Germany
November 10-13, 2010
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Spoken Language at the Teacher Training: German

Sexual Energies School
TEACHER TRAINING
Berlin, Germany
August 26-29, 2010
Presented by New Energy Teachers - Sandra Heuschmann & Wolfgang Riedl
Kokemaki, Finland (Finnish only)
September 13-16, 2010
Presented by New Energy Teachers - Irma Rantala & Maija Leisso
Kelowna, British Columbia, Canada
September 27-30, 2010
Presented by New Energy Teachers - Tammie O’Rielly and Faye Stroo

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Turku, Finland
August 20-22, 2010
Presented by certified teacher Irma Rantala
Berlin, Germany
August 13-15, 2010
Presented by certified teacher Sandra Heuschmann
Bogotá, Colombia
August 14-16, 2010
Presented by certified teacher Hilda Diaz
Zurich, Switzerland
August 20-22, 2010
Presented by certified teacher Rosmarie Lotmar

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Death Transitions
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Heidelberg, Germany
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Lisbon, Portugal
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August 27-29, 2010
Presented by certified teacher Carmen Rivalet

Budapest, Hungary
August 27-29, 2010
Presented by certified teacher Kata Szénasi

Porto, Portugal
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Presented by certified teacher Placidia Maria Espinha

Bucharest, Romania
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Presented by certified teacher Eve Finjord Heggelund

Leawood Gardens, South Australia
September 10-12, 2010
Presented by certified teacher Margaret Wild

Denver, Colorado, USA
September 17-19, 2010
Presented by certified teacher Paul Cook

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September 24-26, 2010
Presented by certified teacher Herbert Eichenberger
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Tihany, Lake Balaton, Hungary
September 9-12, 2010
Presented by certified teacher Kata Szénasi

Walchwil, Zugerssee, Kt. Zug, Switzerland
September 10-13, 2010
Presented by certified teacher Rosmarie Lotmar

Hilgermissen near Bremen, Germany
September 22-26, 2010
Presented by certified teacher Sandra Heuschmann

Lahr/Schwarzwald – near Freiburg i. Br., Germany
September 17-20, 2010
Presented by certified teacher Angelika Ruppert

Bucharest, Romania
September 23-26, 2010
Presented by certified teachers: Costinel Floricel and Georgeta Blanaru

Budapest, Hungary
September 23-26, 2010
Presented by certified teachers Timea Thomázy and Alfred Halasz

Venezia, Italy
September 30-October 3, 2010
Presented by certified teachers Daniel Gheorghita and Nico Gheorghita

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Kiryat Ono, Israel
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Presented by certified teachers Gilit Rom and Rosmarie Naglia

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Krummhörn near Emden/Ostfriesland, Germany
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Presented by certified teachers Petra Pitak and Meggi Erman

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Presented by certified teachers Silvia Tognato Magini and Luiz Antonio Viotto

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Presented by certified teachers Paul Cook and Sue Loves

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Presented by certified teacher Sonja J. Müller and Rosmarie Naglia

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Presented by certified teachers Leanne Woodbury and Sharon Keith

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Presented by certified teachers Marjolein Neefjes and Sinka ’t Hooft

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Presented by certified teacher Sandra Heuschmann

Lelystad, The Netherlands
September 10-12, 2010
Presented by certified teacher Anita Boom

Budapest, Hungary
September 24-26, 2010
Presented by certified teacher Aline Bitencourt

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Presented by certified teachers Georgeta Blanaru (Gratia) and Costin Floricel

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September 1-3, 2010
Presented by certified teacher Ursula Keller and Kai Roger Geck

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August 20-22, 2010
Presented by certified teacher Angelika Ruppert

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August 27-29, 2010
Presented by certified teachers Georgeta Blanaru (Gratia) and Costin Floricel

Brisbane, Queensland, Australia
September 1-3, 2010
Presented by certified teacher Yvonne Brown

Zurich, Switzerland
September 4-6, 2010
Presented by certified teacher Rosmarie Lotmar

Yverdon, Switzerland
September 10-12, 2010
Presented by certified teacher Herbert Eichenberger

Bucharest, Romania
September 24–26, 2010
Presented by certified teacher Carmen Rivalet
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