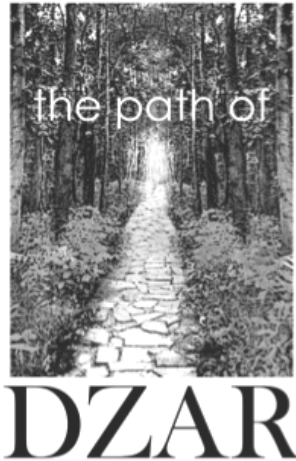


# Messages *from your* Soul

Conversations with DZAR  
*Book 1*

Mary and Gary O'Brien



The Path of DZAR™ is you knowing how to be the fullest expression of your true Self.

It is the path of *in*-lightenment. It is the path of joy, of flow and abundance. These things can only be experienced by Beings that are connected to their essence, their Soul, to their Expanded Being.

The Path of DZAR enables you to expand into that knowing and that way of being so that you can live in alignment with the creative energy of the universe itself.

Mary and Gary O'Brien share the messages brought forward by DZAR, a group of compassionate Energies from All That Is. They each have over 20 years experience working with people to create change in their lives and since 2008 they have become the vehicle for the message channelled from Spirit called The Path of DZAR.

Based in Australia, they offer workshops and events in many countries as well as online courses.

For more information about workshops and events  
and to download podcasts, videos and  
free meditations  
please visit  
**[www.thepathofdzar.com](http://www.thepathofdzar.com)**

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*Book 1*

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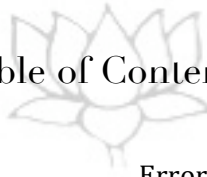
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This book has been edited using the Oxford English Dictionary and British spelling as the reference.

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# Chapter 1

## About This Book

### **A frequency conversation with Spirit**

Welcome, Young Ones, this is DZAR. This book is a conversation, an Energetic frequency conversation, that you will engage in on many levels. At its most obvious, it is a conversation between your physical Self and our Energy, for as you read the words in this book you will become engaged in the enquiry of what it is to be a human living in full connection with your true essence, your Soul, or as we call it, your Expanded Being.

At the next level, the conversation is between your Expanded Being and our Energy. This book will create a resonance in your very core because the frequency of this message, the frequency of compassion and connection that is our message, is the same frequency as your essence. As you read and feel our words, your Being will begin to shift, to wake, to reach out towards a more expanded expression of itself through you as its physical expression.

And finally, the conversation is between your Expanded

Being and the expression of you that exists in a physical form. And it is this conversation and reunion that will send ripples of joy through you that will be felt throughout the universe.

It is an Energetic exchange, a conversation, for as we are sharing our Energy with you we also feel your Energy being shared with us. As you read, we are sharing your Energy, your thoughts and your field, so there is the space of continual feedback as you feel us in the pages as you read, and we feel you as you read the pages as well. We are sharing the messages of your Soul together. It is a conversation, a communication, though not of the common way that you normally perceive it.

The words of this book will conjure within you Energetic expressions that you have experienced from your past and have yet to experience in your future. When you read this book, have awareness of the different aspects of you that are reading, and understand the different ways in which Energy is transferred from the pages into your Being. Allow the words to resonate within you and to become the guides for your own awareness.

So do not rush the reading. If you feel the urge to stop because an awareness has come flooding in, then stop and allow the awareness to be present, for it may be part of your expansion, it may be part of your reconnection to your Expanded Being.

And because you are Beings of Energy, you will feel the frequency of compassion, the frequency of All That Is, as you read and feel the message of this book. Our words contain this frequency and it will merge with the Energy of your Being, supporting your expansion and connecting you to your Soul and to the universal frequency of compassion and joy.



Take a moment now, Young Ones, to begin to feel the Energy of your Expanded Being using the ***Practice of the Expanded Being*** you will find at the back of the book. If you have a computer nearby, begin with the Meditation of Connection from the website for you will be connecting with your Expanded Being many times as you read this book. Go now and we'll be waiting for you when you return!

Welcome back!

The understandings in this book are ones that may indeed seem familiar to you, and yet there will be aspects in the *feeling* of the sentences that will resonate differently with each one of you and will change each time you read the information given. It is because you are Beings in which your frequency and your connection to Self shifts and changes as you connect more deeply. Because of this, what you can see in the words that are written will resonate differently each time you read it. Our words allow an ever-expanding sense of Self to be revealed to you, and they will become signposts on your journey for you to recognise where you are at this moment in time and how far you have come since your last reading.

So as you read these words, be open and flexible and be at peace with yourself, for the information that is given and your responses are there for you to be compassionate to your current situation. You are where you need to be to begin or continue your journey of expansion, of living as the fullest expression of your Being, of hearing the guidance and messages from your Soul.

As you listen to these words, allow yourself to feel what is real for you, for even though you are reading them you are also listening to them in your own mind and feeling their frequency in your Being. Allow these words to flow upon you and to accept whatever you feel matches the frequency of your Soul in this moment, for it is not our role to tell you *how* to live your existence, for your Expanded Being already knows that. Our role is to show you

the beauty that exists within you and then to allow that part of you to be your guide, for who better to guide you than your Self.

As you read these words they will become a part of you, they will be a way of understanding your world. Understand the information in this book and the ones to come as practices, as rituals for this existence. Recognise them as gifts from Spirit that you can share with yourself and others. Share the wisdom that you pull from these words because of who *you* are, and do not allow the words that we say to be the wisdom for they are not. The wisdom and the understanding comes from you, from your expression of Self for that is where true wisdom lies, that is where the meaning of the universe is to be found...within you.

We are a guide and a map, *you* are the traveller, *you* are the explorer, *you* are the one who will report what you have found to others who are dear to you and they will also see the true reflection of the bounty you have released from within you.

## **A collaboration of Beings**

This book, and all of the information we are bringing forward to you at this time, is a collaboration of the physical and of the Energetic. Our words are indeed messages from Source and they are being transformed into a physical form that you can experience, through our collaboration with Mary and Gary O'Brien.

We have chosen these Beings as our vehicle for expression on this plane for they bring to this work an awareness and acceptance of who they are. And as they will quickly tell you, they too are in the space of becoming the fullest expression of their Expanded Beings for there are few on the planet at this time who exist fully in this state. You are all on your journey of expansion and reconnection to your Soul and they are no different. As they expand even more (as will you!) it allows the expression of our message to expand as well, so we are all sharing this experience together.

We have also chosen them because there is a lightness, a joy

and a compassion that they bring to this path which is in strong resonance with this message. So when you feel their presence before you in a workshop you are also feeling us, for that is how we work through and with them.

The words you read on these pages have been formed through this collaboration. They are words that came through Gary in his role as our voice as he sits and allows us to physically speak through him, and they are also words that have come through Mary in her role as our voice in a different form, as she has sat at her keyboard hearing our words and allowing them to flow through her fingers. As you read this book, you will not feel any difference between these two ways of bringing this information forward because there is no separation in this Energy. You will feel only the sameness of our essence throughout every page, and you will also feel your sameness and connection to this Energy, for truly it is all the same expression of the compassionate frequency of All That Is.

## **Our role is that of the Messenger**

Let us tell you, Young Ones, who we are...or at least we will try for your language is limited and makes it difficult for us to fully express our true nature.

We are an amalgamation of Energies, Energies that are those of the Messenger that have been sent forward to this and other planets. We are the angels; we are Buddha and every other Energy from this and other realms that have come forward to deliver the essence of *you* back to *you*. We are here to assist you in the remembering of who you are, so that you can live in connection with your Soul and experience more joy and compassion in your existence.

When people feel a Messenger's Energy, the Energy that they feel is always a part of All That Is. It is not an effective use of Grace to have such an Energy be separate from the Source of creation, for there is more wisdom for all Messengers to be part of the greater Messenger, which is set forward to connect with you all regardless of

the frequency you are at.

We are a culmination of the frequency of all Beings who have existed and of the experiences they have had, for no Energy ever dissipates, no Energy ever disappears and no Being ever disappears. Once a Being has completed its cycle of life, and a cycle of life may be many hundreds or many thousands of years, it then ascends as pure Energy to become part of All That Is, to become a part of us. With the knowledge and the experiences that each Being brings to us, we acquire and are able to pass forward this wisdom to those who are ready and willing to listen.

Our role is that of guidance because you have called us forward at this time to guide you back toward Source because of the pain and space of separation that you have continued to exist within. We have been given the task to come forward to talk with you, to guide you forward upon this path. We are here as guides for your journey of reconnection to your Expanded Being and once you are in this space, you will be connected to your own guidance system to move forward in your life. In this space, you will no longer need us to guide you, for your Expanded Being will connect you to All That Is and you will know in each moment what it is that you need to do.

We are here to help you do this, to clear the path, to clear the boulders and the rubble on your path home so that you may soar toward All That Is and experience joy through this existence. This work that we call *The Path of DZAR*, is your opportunity to fully experience your magnificence and live a life of joy, connected to the abundance and the compassion of the universe.

Our role, and that of many other Energies coming to your planet at this time, is also that of a parent, for our love and compassion for you is as strong as any that you have known. You are our children and we wish you to feel our love and presence and support, we wish you to know that there is no need for you to feel that you are alone without guidance. When you recognise that the same essence that is within you is within us, when you see yourself beyond the physical form and you feel your Energetic Soul you will

feel us, and you will feel the expansiveness of the Energy of compassion. When you hear these words, you will know that they are *your* words, and that is why the connection that is present is so familiar to you.

So that is who we are and that is who you are and so our journey together begins.

## **You have created an Energetic Quickening**

So, why this book at this time? And we would say why not! This seems like as good a time as any to present this for you or maybe there is a deeper reason...

The reason for this book at this time has always come from the cries of the Beings on your planet. We have heard your cries for understanding of your place in the universe and of your true Spiritual nature and this book is to help you answer some of the questions that you have. This book is for you to begin to restore the sense of Self that you have felt disconnected from for so long. As we said earlier, you will read the words upon your page with your eyes but you will *feel* the strength and the frequency that the words represent within your body, within your Being. These words are a part of who you are, of who you have been and of who you are becoming. This book is present because you wished it to be, so it is as simple as this.

Let us now talk to you about a shift, an Energetic Quickening that is occurring on your planet, a shift in the frequency of Beings who are connecting to their essence through all the many messages and paths that have been brought forward to you from Spirit. This shift in the frequency of these Beings is creating a change in the frequency of your whole planet.

There is a shift in the state of being of those who are hearing this message and those who will soon hear this message. There is a shift within you that you have all felt, that you have all recognised because of your connection to the ground you walk upon. There is shift that is occurring because you are feeling a deeper bond, a

deeper connection to the planet you inhabit, to the Beings you see around you.

There have been dates in history in which energetic shifts and changes have come to this planet and there has not been a greater time than now because of the collaboration of Souls that is beginning, because of the expressive Energies that are wishing to be released. We feel the shimmer; we are feeling the shifts across the universe. There is the sense within so many of you that you are wishing to move faster, that you are ready to release the struggle and move faster towards flow, towards the true expression of the Expanded Being in your own experience. And, because of a sense of compassion and a sense of community towards others and the earth you walk upon, you wish the change for them also.

There has been no other time greater than now. We are responding to you, we are responding to your expression, to your Energy and your will to move faster, your will to take control and shape the destiny of your own planet. You have seen what is going on around you, and you are not content. You also understand that the events that are happening around you are because of the expression of Self, of your own Being, for that is where it all begins and you realise this.

This Energetic Quickening is being created by you, and it is felt by so many. We applaud this space, we welcome this new era manifested by you. The time of 2012 has aided a community energetic expression to occur. It is an aid, it is not a catalyst. The date is a focusing point for many energies but remember, Young Ones, it is created by you, for you are the Energy of creation and without you there would be no change.

This Quickening is the fulfilment of an Energetic shift that has its seeds in the pain and losses you refer to as your World Wars, so it began many years ago in your sense of time and yet so recently in ours.

There was a great, unified pain humanity experienced that was built upon from the first war to the second, for in such a short

space you had hardly buried your dead from the first war when you were preparing your Young Ones for the next. So the relevance of the two wars has been great as a catalyst to shift awareness for your humanity. It was the space where for the first time, with the coming of an atomic weapon, you realised how small your planet is, you realised how destructive a human can be to another and you began to see again the connection between all Beings rather than the separation you had lived in before.

In all your wars past, there was never such a sense of annihilation as was present at this time, and it was from that space of suffering and fear that, for the first time, there was a universal goal that united your planet.

## **A universal agreement of Souls**

This time of great pain was the result of changes in the understanding of the true nature of all Beings. These changes had continued through countless generations until it seemed that compassion and the physical Beings' connection to their Soul was weakened on your planet. The space of separation between Beings and between all things was so great that you brought yourselves almost to the point of your own extinction. It is a bleak picture, is it not? And yet it is a picture that you, through your asking, through the cries of your Being, have changed to one that is now turned around. It is now one of hope and connection, for you live at a time of Energetic reconnection and quickening, a time in which you are closer than ever before to living in full connection with your Soul while enjoying all the wonders of your physical existence.

From this new space, an Energy, a universal frequency was created from the pain and this new Energy was heard throughout the galaxies. There was, in that moment in time, a universal cry for all humanity to shift its consciousness. From that moment, your world began to shift, there was a difference in the way you began to look at your earth and the way you looked at each other.

There is great strength that comes from a universal agreement of all Souls upon your planet. So to aid in this shift, more of the Beings that are being presented to your planet from All That Is have greater awareness of the role they play in the creation or destruction of your existence. They have more of an ability to accept and hear the guidance of their Souls and if you are reading these words, Young Ones, then you are amongst this group.

And there are indeed still wars, there is still great inhumanity being done to your fellow humans, but it is not of the scale of the last world war. There are more Beings turning towards the light than away from it, there are more of you hearing the cries of your Soul to live in connection with all Beings. You know that what you have done until now cannot continue, that this inhumanity towards another is not who you are, it is not how you wish to raise your children or for them to experience this earth in this way.

That is why, when your universal Energies combine to create the shift, there is an Energetic convergence and many Messengers descend to aid and support your growth, to give you the helping hand you need to move forward. And you are indeed moving forward, although for many of you it feels slow. But you do not know the other side of the coin, you do not see how many thousands of your years it took for you to realise that you are connected. When you realised this, you saw that you cannot keep inflicting pain upon another human being without it affecting your own Being as well. You have moved quickly indeed since this new universal frequency was heard throughout the galaxies.

So in the short time from when the decision was made to now, great shifts have begun. More and more Beings are being awakened, more and more of you are searching for a path so that you can save yourselves and your planet and return to the true sense of Self and connection. This change will continue and of course you can speed up the process even more, by listening to the Energies that are present, by tuning in to the Energy of your own Soul, to your Expanded Being, for that is what will change the structure of your planet.

It is not our voice but it is *your* voice, your voice united with the one next to you that will continue to shift your consciousness, that will continue your reunification with the earth that you walk upon. That is the reason why we are here, to aid this process for we are aspects of your voice, our Energy is intermingled with yours for we are all related, we were all born from the same Source.

## **The harmonic convergence**

Many of you will have awareness of the shift in Energy on your planet that was felt in 1987, that you have called the Harmonic Convergence. And you may be wondering how this shift fits in the space of the Quickening we have described that began over 40 years before, as you measure it. Let us explain this by answering the question of what a convergence is and why it is needed.

A convergence is like a mass injection of aligned Energy to your planet. Across the history of your planet, the flow of Energy has always occurred in peaks and troughs. After your war, there was a peak in Energy at that moment when your world gave forth its united cry for there to be a change. This peak of Energy continued until, because of your understanding of time, you felt that things were slowing, that the changes you could feel around you had stalled. In fact, you felt that perhaps you were even going backwards. So a boost of Energy was required and this again came from your own universal cry. From that boost of Energy came many Messengers and many shifts that you call the Harmonic Convergence.

There is the space for another booster to soon be present in the events that you see as 2012. This space in time as you see it, is just a focus point, a place where human consciousness has focused its Energy which will again allow a more focused boost of the Messengers' Energy to come forward onto the planet. The need for these Energetic injections will become fewer as you begin to realise who you are, for these harmonic shifts are only required when the Energy on the planet is low because the Beings upon it are disconnected or wearied from their life. These harmonics allow a

reconnection, a reassimilation to the Energy that is within you. It gives many a new boost, a sense of hope, a sense of warmth from within.

There will come the time when there will be enough of you living in closer connection to your essence and to each other, and there will be enough of a sense of warmth within you, that you will send the harmonics to another planet to aid them.

And that is still a way off, Young Ones, so for now let us speak with you more of your own journey of reconnection and expansion and we begin with Mary sharing her own journey and their shared journey with you.





## Chapter 3

# Understanding the Journey of Your Soul

Welcome back, Young Ones, this is DZAR. We hope you enjoyed Mary and Gary's story and can see its relevance to you as you begin this conversation with us. It is an important piece and we ask that you take a moment now to reflect on your own journey of becoming.



Sit quietly and reflect on all of the twists and turns in your existence that have brought you to where you are now in your life, to the synchronicities and chance meetings that have been Spirit supporting and guiding you back to living as your Expanded Being.

Can you see the times when Spirit was there to guide you but

you perhaps missed it? Can you feel the times when you moved forward in your existence connected to your Expanded Being and how differently things turned out for you? Was there more flow, more joy in your experiences?

As you move forward in this conversation with us, stay open to more synchronicities and ‘coincidences’ being present, for they will become a normal part of your days when you are connected to your Expanded Being and able to hear the messages from your Soul.

## **We have heard your questions**

Those of you who have been in front of us have asked many questions, for you want to understand the reason for your journey, you want to understand the experiences that have shaped your life. In this part of the book, *Young Ones*, we will answer your questions; Why am I here? Why have I been put into this place at this time? Why has my life been this way? Is there something more? Am I something more than I think myself to be? Is my Soul needed for this journey? What is a Soul, an Expanded Being, a Spirit? When I have no hope left, is there any hope for me?

There are so many questions about this journey that you are on and you have asked many questions before, but in everyone’s life there comes a pivotal moment when your questions are answered and your change truly begins. For those of you hearing these words and feeling the Energy of our answers, that time is present with you now. You are asking these questions not from a space of being superficial, you are asking these questions now from a deeper internal, more expanded space for this is where you wish to be, this is what you wish to feel.

We have heard you asking these questions across lifetimes, and we feel your earnest desire to understand and to shift your experiences, to become more and to be the light for yourself and others on your planet. So let us answer them for you, and you can then share your understandings with others, for that is your role as

an in-lightened Being.

So let us begin to understand some of these expressions. The story of your journey so far, the story of your Soul and the messages it has to share with you.

## **Your true essence is always present**

Many of you experience the difficulty of returning to your essence because over many existences you have allowed your experiences to become a part of you. You have allowed aspects of the pain and the fear of these experiences to become your identity, to become your sense of Self, you have allowed all these things to become who you think of as you. What they indeed do, is place an Energetic field between who you truly are as an Expanded Being and who you think you are as the Constricted Self and so therefore you feel that your current experiences of living are real...and we know that for you, they certainly feel real!

You originally came forward with a clear Energetic space, as a pure expression of the Energy of All That Is and your purpose was to experience life in each existence connected to your Expanded Being. For it is through experience that both you and the universe expands, it is how knowledge becomes available for all. But within some of these experiences overwhelm and personality began to cloud your true purpose and connection. They started to come between you as a complete expression of your Energy and you as an earthly Being, and so the separation began.

In your early existences, you could easily reconnect to the sense of your Expanded Being but over time you began to connect more deeply with your experiences, you began to identify more strongly with them and you allowed the gap to grow. Through many lifetimes, through many experiences the juggling act has continued between your Expanded Being and your Constricted Self.

Now you have come to a space in which you feel a deeper connection, an urging to reconnect to the true you. And there are

times when you can still reconnect to this space, are there not? Times when you feel its joy and flow present. It is all the space of allowing, it is all the space of releasing now whatever is in your path so that you can be the complete expression of the true you, of your Expanded Being. For this is what we have heard you crying out for, that is why there are many of us here on your planet at this time giving you information and ways to reconnect again.

So if you were to begin with the fact that you have not forgotten who you truly are and that there is only a gap, a bridge for you to cross, then what does this feel like? If this feels more do-able, more acceptable then that is how it should be.

Your true essence is always present, it is always with you. It is always wishing your expression of Self on the physical plane to be the fullest expression of your Expanded Being for, as we have said before, this is your purpose. This is how you become a teacher contributing to the changes on your planet just by being you, by reconnecting to that light within you, by crossing the bridge and by reducing the gap through each existence until there is none. You will then light the way for others to do the same, for others to live their physical lives in full connection with their Soul.

That is how community begins, that is how community expands, by you being the light that others follow, for not judging yourself or another as to how they presently are, and by accepting your connection to all things. When you do this, you are compassion itself and by allowing yourself and everything and everyone else that surrounds you to be in this space of becoming, you allow these things to manifest in whatever form and in whatever time they take. There is no rush, there is no deadline, for you are always expanding and it is a glorious experience for you all.

## **Your Expanded Being and the Constricted Self**

To continue on your journey, we want you now to move to the awareness of yourself as an Energetic Being comprised of two

parts; the Energy of you that is eternal, and the Energy that is only present when you are drawing breath.

You all exist with the Energy of the in-lightened Self, which we refer to as an Expanded Being, at your core. This Self is the reflection of All That Is, with the compassion of the universe itself expressed within it. The Expanded Being is the fullest expression of your Soul, of your true spiritual nature; it is the Source Energy of creation that exists within you.

The other Energy that is a part of you is a limited or constricted form of the Self. It is an expression of Self that has been battered and bruised by the pains of past life experiences. We call this the Constricted Self. For many, this is who you know yourself to be in your current form and it is why you are asking the question that there must be more. For even while you live in the experience of the Constricted Self, you can still feel the expansive Energy of your Expanded Being within you, seeking its expression in your physical existence.

So let us understand them both, let us begin with where you are now and please understand that there have been times when you have felt an expanded sense of who you are, you have felt a stronger connection to the true compassion of the universe in this and other lifetimes. But for many of you those times have been short-lived, and it is what you are wishing to experience more of, for you can feel its presence deep within you, even as you read these words, can you not?

The Constricted Self is the culmination of all of the different expressions of you that have gone before in your past existences. It is shaped and formed from the experiences in those past lives that you have held on to, that you have taken on as *being* you. It is the sense of Self you have brought forward from lifetime to lifetime, and it is made up of all the experiences from your current and past existences which have been misunderstood so that only a partial understanding or learning was received from them.

The Constricted Self is also a reflection of your environment, which includes your family, your society, and of course the planet

you live within. When you look at the world through Constricted Eyes, you create your environment and your experiences of pain, so it is both a filter and a mirror for your experiences.

From the Constricted Self come the many labels you place upon your experiences. The labels of right and wrong; good and bad; the way forward seems difficult; the way behind even harder; the sense of now is confusing. These labels of your experiences and the ways of being attached to them are so familiar to so many of you that they have proven difficult to give up, difficult to be free of because who will you be then? You do not see them as separate to you, you do not recognise that they sit around your Being constricting and limiting it but rather you think of them *as you*. You know yourself so well in this form because it is so familiar to you, and this familiarity keeps you stuck, this sense of knowing who you are from the constricted space keeps you right where you are.

You look at the world and your life through these Constricted Eyes and you only see more of the pain and separation that you have known so well. For so many, the thought of moving forward from the sense of Self that you are now feels so arduous to attempt that there seems little hope that you can expand into a brighter Being.

But you *can* move forward, Young Ones, and in fact you are already moving forward as you read this book and feel the frequency of our message. The more that you connect to your Expanded Being and feel its frequency, the easier and faster your journey forward will be.

The Expanded Being is the space of awareness and it is the experience of connection. When you look at your world and your existence through Expanded Eyes, you see the sameness in all things, you see possibilities, you feel compassion and you experience the guidance of your Soul. It is your awareness of your connection to who you are, it is your awareness of your connection to what is around you and how that too is a part of you. The Expanded Being is the space in which the true reflection of the universe exists, the reflection of compassion, compassion for Self and for everything that

surrounds you.

So it is always your choice, your choice to look through Constricted Eyes and stay with the familiarity of your Constricted Self or to shift your sight to your Expanded Eyes and head into the unknown of your Expanded Being.

But is your Expanded Being really unknown, for how can something unknown feel so familiar to you? If you could not feel your Expanded Being, Young Ones, you would not be asking these questions, you would not be seeking ways of reconnecting to something larger. We find it amusing that you are looking for something more expansive, more powerful that you think exists *outside you* when in fact it exists within you and that is where your search must begin!

Your Expanded Being is your guiding light; it is the alignment of your Energy, your chakras, your meridians and any and every other name you wish to understand it by. It is a force that flows through your entire body that connects to everything and to everyone. It is universal, it is ever present and it does not ever diminish. It only ever expands and it is always moving you closer towards us. It knows the way home to who you truly are, and it is always guiding you back along that path.



Take a moment now to complete the **Expanded & Constricted Eyes Practice** at the end of the book so that you can feel the difference between these two expressions of Self and see how you create your experiences from them.

## **You are Spirit incarnate**

When you live as your Expanded Being, you live in the

awareness of yourself as Spirit incarnate. When this happens, you know yourself to be so much more than your physical existence and the experiences contained within it, but you do not discount them for you understand the role they play along your own path of expansion and learning. So you embrace *all* of you and you live as the fullest expression of Source Energy as you can in each moment, you live as Spirit and physical Being combined.

Yet for so many of you, this is not how you experience your existence. These two aspects of Self seem to be separate and even incompatible, yet it was not always this way. So let us start at the beginning of your journey, let us go back to the very first time you left us, to understand how this has happened.

## **Your first physical existence**

When you first left All That Is to experience a physical existence, you left as the purest expression of your essence to experience life on the physical plane. You came to experience life as a human being, all the while staying aware of and connected to the true Energetic expression of your Soul. You wanted to live in the knowing of yourself as a spiritual Being having a physical human existence, recognising the difference between the two expressions of your Energy, while experiencing their sameness without any sense of separation between them. The planet these early Souls came to was perfect for this adventure, for it was created to give physical expression to the Energy of your Soul, to the frequencies of compassion, of joy, and connection with other Beings and with all things.

You knew that the only way you could have experiences was via a physical form which is why you took on the shape of the body. You were a young Soul wishing to grow and expand through the experiences on the physical plane. As a young Being, you had not yet gained your own wisdom and you became distracted by the excitement of the wonderful physical manifestations of Energy you encountered. And as you did, you became less aware of your

Energetic Self, less aware of your connection to your Soul.

When you first came to this planet, you were like a child in a sweet shop. You found the new experiences of your physical Self so delicious, so enticing that you wished to have more and more experiences, to try everything, to sample every sweet in the shop, even if a stomach ache was part of the experience. For it was all experience and you enjoyed it all, for that was why you were here.

You enjoyed the way you were growing in your physical existence. But because you were becoming less aware of your Energetic essence and becoming more identified and focused on your physical Self, when it came time to release the physical experiences, to let go of the experiences of pain or loss, it became harder and harder to do so. You had always wanted to *have* physical experiences and see them as separate from you, but you had begun to identify with them. They were now how you saw yourself, they had become your expressions of Self, your personality in that existence, they had *become* you.

It was the accumulation of all of these experiences which you took on *as* you that created the original separation between your Soul and its physical expression on your planet. Your physical Self became limited and constricted in its expression and in its connection to your Soul, it became the expression of Self you think of as you during each existence. It became the Constricted Self.

So when you left that first physical existence and returned to All That Is, you understood what had happened. There was no judgement in this space, for you were a young Soul on your journey of existing as a Spiritual Being on the physical plane and this was part of your growth and learning. So you decided to return for your next existence with those expressions of Self and the experiences you had become so attached to. You decided to return with them so that you could release them and live in that existence in full connection with your Soul.

This was not a punishment, it was not a hardship for your young Soul to return in this way, for you wanted to grow and to

achieve your original goal of living as both a physical *and* Spiritual Being in each existence. So your Soul returned with the same level of connection – or disconnection – from your physical experiences as when it left.

In the early stages of your planet, as a young Being, you may have experienced small pains if you hurt yourself, you may have felt some form of emotional pain but it was so new, so exciting, so tempting that you did not avoid these experiences. But as you moved further and further from your connection with your Soul and identified more and more with the physical Self and with the experiences of pain or loss, these experiences became a part of who you thought you were. And because you *are* Energy and your environment is a reflection of you and you are a reflection of it, you began to reflect more pain into your environment and therefore you experienced more of this pain as you.

As more and more Beings did this, the Energy of your planet began to change, its original frequency of compassion, joy and connection was still present but now it also included the frequency of pain, of loss, of suffering, of separation.

Every time you descend, you experience many things. And if you become attached to the experiences, if you forget who you really are *in* the experience, then these experiences become deeper expressions of who you think yourself to be. When you allow the pain and the fear of these experiences to become you, you allow them to shape your very form, you allow them to materialise in your body, to shape the complexion of your face, to control your metabolism and the ability to heal within your own body. This is what happens when you lose connection with who you truly are. This is how the experiences become you.

You were always meant to experience and to live your life in all its richness, but you were *meant* to live your life connected to your Expanded Being so that while joy and pain may be part of your existence, you experience them in vastly differing amounts to how you are now.

## Your Soul connection as a child

You sense that you forget your true Self but, as we have said before, you do not truly forget. You are a Being who when born feels your true essence, you know who you are and you can sense so much more of the world than many of you do now.

When you are a young child, you understand that there are two selves, two aspects of you. There is the one you feel so strongly inside of you, that is so familiar to you. This is your eternal essence that you bring forward from existence to existence, it is the part of you that you know *is* you, for it is your Soul. And then there is the one which feels new and unfamiliar, the one that responds to the touch of your parents, that smells the smells of your outside world, for it is your new physical self in this existence.

Many of the younger forms perceive their essence as an imaginary friend, and it is a friend but it is not imaginary. It is your Expanded Being and it is very real for, even though you cannot touch it in your physical world, you can feel its presence so strongly within you.

When you arrive in your new existence, you bring with you the awareness of your true essence so that you will have a familiar friend to talk with, to hold, to feel safe with. You stay in this remembering of your essence when you are young, and then when it is time for you to begin your own journey and to have the experiences you have chosen when you were here with us, your remembering of your Expanded Being fades.

When you are in this space, you see so much for you do not see things only as the physical form that they are, but you also see and feel the Energy of all things. Many talk now about children who have been called Indigo\*, children who have a greater awareness of who they are. And we would say to you that *all* children are Indigo in this meaning, they always have been, and it is a name that was

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\* Referring to the term spoken of by Kryon, an Energy channelled by Lee Carroll.

brought forward so the adults may recognise that there is something special about the little ones in their care. For all children come into the world with this expression, with a depth, with an understanding, with a seeing that is different to many of those who have come before.

So do you wonder why, if children have always been this way, it is only now in your times that you are aware of their special ways of being? Do you wonder why it is only now that books are being written to help all to understand it? If it is not *they* who have changed then it must be you, the adults, who are becoming more aware of this frequency, this essence of All That Is inside *yourselves* so that you can now feel it in the little ones. For without awareness of this essence within you, you cannot feel it or experience it in another. It is why we have said that the change always begins with you first, for that is key to your expansion and to experiencing this Energy in those around you.

As you grow as a little one, you begin to identify more with the physical world and less with the world of Energy. For remember, you have brought with you the expressions of Self and levels of disconnection or connection to your Expanded Being from previous existences so that you can learn and grow. So you begin to understand and form a sense of self that fits into your family and environment whilst attempting to stay connected to the expression of Self that you were when your friend was present, for that is always your goal. And we know that many of you have not found this an easy thing to do.

So, Young Ones, the more you become connected to who you truly are, the longer your friend will stay with you in each existence, until you and your friend can journey through every existence together. It is not that you need to be the child again, but you seek to experience the child's truth within you, you seek to experience that sense of connection, to experience a world in which there is no separation and you are the complete expression of your true essence.

The understanding of the young child is the understanding of

the Expanded Being. As a young child it is indeed the time in which you have been closest to your Soul, so treasure that space, allow yourself to reconnect to it and celebrate it when you see it in the little ones that are around you.

## Experiences and the Energetic Cloaks they create

During your existences, Young Ones, there have been times when you have experienced pain and struggle and you have remembered who you are and have chosen to transcend these experiences. You have seen them as “not you”, as being transient and separate from you, so that you were able to stay connected to your essence even in the midst of the experience.

And there have been those times when you allowed yourself to be consumed and lost in the experience, so that your true sense of Self was diminished and you have felt abandoned and alone. When this happened, you became stuck in the Energy of the experience and you began to see the experience *as you* and, because you now saw it as a part of you, you continued to manifest its Energy in various forms through out your life...and through out many lifetimes.

We have called these Energies “cloaks” because they cover your light, they create an Energetic barrier around your Being so that it makes it more difficult for you to connect to All That Is. They make it more difficult for you to remember yourself as the frequency of compassion and to live your life *knowing and being* the Energy of creation.

Let us look at an Energy that has been taken on, an experience that you now think of *as you*. The primary role of that Energy was for you to feel the experience, to understand it *as not you* and then to release it. But so many of you begin to wear it proudly, so many allow it to cloud the true light that you are. Over your existences, this is how you have created your current shape, your current identity, your current knowing of Self.

You have created yourself from energies and expressions you

have taken on so that you have become them and they have become you. It is very difficult in this space to exercise what you believe as your free will, where you believe that you have choice and we are sure that many of you have experienced times in which you feel you have no choice at all. This is the expression of your current Being; this is the expression of your current sense of the Constricted Self.

The space of the Expanded Being is the space where you begin to get in touch with the Energy that surrounds you, the space where you can choose any experience with awareness, understand the role it is playing in your expansion and then release it. That is the expression of awareness and true free will that an Expanded Being has.

It is not that you resist everything, for you are Beings of experience and that is why you are present. There are indeed some experiences you would certainly like to leave alone, and the interesting piece is that you can. You can also dwell in them for a brief time and then release them, rather than allowing them to become a part of your current existence and living through them for many lifetimes.

## **There is no separation**

So many of you feel alone, you feel separate, isolated and disconnected. We want you to know that you are not alone, for you have access to Energies inside and outside of you that are waiting to support you to live a life of joy and connection with all things.

It is time for you to remember that you are part of something much bigger than the physical body, much bigger than the consciousness and the environment that you exist within. We know that many of you have forgotten how to tap into that expanded sense of Self and to live from the space of the magnificent Being that you are, and so we have brought forward processes for you to learn to do

that again.\*

Your essence is the frequency of compassion. This is also the true frequency of the universe because you are the same, there is no difference, there is no separation. As you release these cloaks, these aspects of your Constricted Self that are restricting you from feeling and *being* your essence, you will merge back into that boundless sea of compassion and begin to experience the joy and abundance of all creation. You will know yourself to be expansive and infinite, you will know that you truly exist outside the dimensions of time and space that have created the illusion of separation and limitation.

As you reconnect to your Soul's magnificence, your life will change, for how can your Soul feel pain? How can your Soul feel loss or separation? How can your Soul not recognise its connection to all Beings and to the earth you walk upon? Of course, it cannot.

Each time you end an existence and return to us and to All That Is, your remembering and your knowing of who you are returns. You merge back into All That Is and re-experience your pure essence, your light, your unbounded majesty. It is now your time, it is now your choice to live in this experience of your Expanded Being in every moment.

That is the possibility that our message brings you; to reconnect to your essence and experience each moment of your human existence from this place of knowing that you are not your experiences, of knowing that you are boundless and that you are a perfect reflection of the compassion of the universe. For that *is* who you are.



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\* DZAR is referring to the processes in the online Learn to Channel the Wisdom of your Expanded Being course.



## Chapter 16

# Q&A with DZAR

This section of the book is an edited selection of answers DZAR has given to people attending The Path of DZAR workshops and talks. You can also listen to a selection of Q&A podcasts at our website.

You'll feel that the Energy of these exchanges is very relaxed and compassionate and, at times, quite humorous which is the space that is created on the DZAR events.

As you read these questions and DZAR's answers to them, read them as if you had asked them and allow your understanding and expansion to unfold.



## Struggle in my life...

**Q** I've done a lot of struggle in my life due to programming...when we accept ourselves and let go of the identity that has been programmed, will things change?

**A** The understanding of programming is such a fascinating one. You are programmed to be programmed, are you not? Do you see all your literature that is written...because of this then that...

You believe that all the expressions in your life have somehow programmed themselves into your flesh, that you are this mechanical robot, that you are a computer that is in a fixed space. And you are right to some extent, if you only see yourself as a singular Being living a fleshy existence. That is not you! It is the purpose of this space of becoming the Expanded Being for you are not a Being whose whole life is to experience pain and struggle, you are a Being whose role is to be the light and the joy that is the true expression of creation itself. For you to be able to do this you have to resonate at that frequency. A frequency can shift and change, it is not programmed it just is. When you move the dial further along the band you are no longer listening to the station you were before you are in a new spot are you not?

You see if you consider yourself as a fixed Being who has been programmed from birth because of my parents, because of my religion then you see how you build the shell for your existence, that you are limited in your movement, that you have no ability to break out of it. But that is not you! If you could remember how many existences you have been through and some of them, may we say, were a little shocking to watch you would be quite happy with where you are right now. (laughing) But again all those were not you either, they were experiences for that was your role for being here, you are not a fixed Being, you are not a stuck entity you are fluid, you are elegant.

It is about you reconnecting to that fluidity again regardless

of the experience you had, it is not programmed it is there for you to hear, to learn and as soon as you learn it, it can be released. It can come back to us so it can be renewed and re-used as part of the compassionate universe. You see you have that role, you use the Energy and then you set it free...that is not programming! Can you understand? (Yes) So tell me who you are? Where is the flow? Let me hear (What I wanted to say was everything.)

That is what you wanted to say but you did not! That is the piece for you. Do you see how you hold yourself back, how you keep yourself separate? You say it with your words but your expression is completely different. The you that you know yourself to be and the way you hold yourself back is the space for you to release.

What you have always done is hold yourself back, it was there so you could set yourself free and you do sometimes but then you run scurrying back to the cage, it's more comfortable there, nice hay to lay on...it's getting a little old. Can you feel this? (Yes) Yes you can, so that is what you are here to let go of? Will you? (Yes) Hmm...it's getting better, there's a bit more determination, we will watch. Wait until you shine...we don't want to wait too long!



## **Are there such things as negative Energies...**

**Q** Are there such things as negative Energies or blockages in a place or is that just a belief that we hold?

**A** For so long the Energy of the universe has been used and misconstrued and changed and shaped in so many ways in order to keep the people in a particular box, to keep them at heel, to keep them disconnected from who they truly know themselves to be so we say to you then when you are blocked that there are dark Energies that are wishing to consume you. And so what will

manifest?

If you are the same as everything else, if you are the expression of the universe there are all manner of Energies that are present but the very expression of who you know yourself to be can bring such Energies into place. So if you think that you are a Being in which darkness descends upon your every step then hallelujah sister there it is! (laughter) But that is not you, that is not the true expression of who you are. Energy is not malevolent, Energy is not here to sap and draw your very life force from your Being. Can it happen? Yes. Look at the being that is experiencing it and you will have your answer. Can the Being release it as quickly as they accepted it? Yes.

There are doctrines that have kept you separate for so long, they are expressions of Energies that have wished to manipulate you. Know that you are not that space, you do not need to accept any such expression at all! When you are the expression - and it exists within you now - when you are this expression of All That Is why would All That Is wish to send something to destroy you? Something so perfect, for that is what you are. Sometimes we are amazed at the expressions that are present on this planet, sometimes we are amazed at the way Energies treat one another and what we are continually amazed at is the resilience of your expression to say there must be more, there must be something more to my existence that keeps me going from day to day. Yes there is, it is that knowing who you truly are. In that space there is no pain, there is no darkness. When Beings of this world feel and know that to be, imagine what your planet will be then, imagine the Energy that will be sent out from this space to the rest of space and the effect that that will have on the entirety of space. And it all begins with you, this one perfect expression of Energy.

We are here because you called, we are here because you wished to be this joy and we wish you to be this joy too for we have other things we would like to do like sitting on our deck chairs sipping pina colodas watching the stars go by!