

Cosmic Sai Baba Transmissions 2014

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Cosmic Sai Baba Transmissions for 2014

At the inspiration of the Cosmic Sai Baba, we make all the transmissions for 2014 available for download, your reading and printing. The Cosmic Sai Baba has asked that readers be mindful that the transmissions are given through a channel (the medium Valerie Barrow), and placed on the Internet for your spiritual progress. Thus, we offer this collection of the 2014 transmissions by Cosmic Sai Baba as an E-book for spiritual benefits; to print and to share around.

7 January 2014

With great love and respect in our hearts, we are calling upon Cosmic Sai Baba to make his presence amongst us.

“It is I, Sai Baba ... Cosmic Sai Baba as you call me now, because I have moved into the next world; but I have not gone far.

I love this world very dearly; and I want you to know that I am always around, whenever you call upon me. But this is true, I have sent the perfume to you this morning as a sign – because you asked for it; and so I have given this.

In fact, Valerie asked that the sound – the ring of Temple Bell to be *loud* so that the grandchildren would be – ah, what can I say – awed by it, which they were. Because it did get very loud ... and it was *Me* that was doing it! (laughs) But I play a little leela and I have played it all-right!

I am just confirming I'm here, and I've already put the thoughts in your head; But Yes, you are not alone here; it is real, just as I am real ... *I am very real!* Even though I haven't a physical body on this Earth (at the moment) my presence is well and truly here. And I can

manifest, if I wish. But I am not going to do that; I am not going to manifest just as a party trick, but rather, only if needed for a special occasion.

And so, I have come this day to say – for those around the world – there seems to be still a lot of problems, particularly with the weather. It will improve; the weather will improve. Over the years, it will get less and less traumatic for people – it will find a balance ... all will find a balance upon this Earth.

And then all will come to realise and understand, and know the energies that influence them and who they really are. And they will find peace and harmony, and a *willingness* to readily find a solution to any differences that are amongst them.

So believe me, my children, times are going to—they are—improving, although it may not be obvious at this time. This is a special year, it is a special year of Universal Love and Divine Light. Which comes from your Sun. Your Sun has just had an exchange of energies; but I will leave this for now.

There is really no other message I can give you this day, except to be reassured, that there are many from other worlds that work with me and are wanting to help people. All they have to do is ask. But they **MUST** ask, for we cannot interfere with the Universal Law, which is to leave everybody to evolve at their own pace.

However, if you need advice, it can be given, so please ask. That is all you need to do. And we will willingly – somebody – will willingly come to assist you – and that goes for everything that happens upon this Earth.

You are blessed, My Children; the Planet Earth is moving into a beautiful place. And it will not be long – although I understand – that we have said “not long” before; but it seems forever, to you, on this Earth. I can assure you that it will be much sooner than you think.

And so now, I would like to take these letters for people have sent me. And I honour them and respect them. And I always read them; send a blessing to them; to all the people that written to me, and think of them; because as soon as they do (think of Me), I am with them. Be assured, that is all you need do.

Feel blessed, My Children, Feel Blessed.

And thank you; I thank you, I thank you.

God bless you.”

Addendum

We noted that the same three people today were present for the Transmission – in a repeat of the first meeting for the New Year back in January 2012 when Mother Mary visited us in spirit.

Baba had played a leela (play) on us that day for we found a photo of him on the floor which seemed to come from nowhere and a sound echoing his presence.

This day's meeting he played another leela (play). First we were briefly visited by my grandchildren and they were telling another friend with them how Nanny rings the base of the temple bell and asked me to show them. I secretly asked Sai Baba to ring it as loud as possible and He did. All agreed it had never 'rung so loudly' – John said he thought I was going to lift off the ground. Then after they left the three of us were aware of a beautiful perfume coming from Sai Baba's Photo on the wall. One of the ladies said she had placed a note in the blessed email basket saying "*Please make us all happy and well, we love you Baba; can you confirm your presence, signed B*"

We felt he did that with the loudness of the temple bell ringing and the perfume pervading us.

4 February 2014

(There was a new visitor and quite a lot of discussion took place before we began the Transmission.)

With great love and respect in our hearts, we are calling upon Cosmic Sai Baba to make his presence amongst us.

“It is I, Cosmic Sai Baba, and I am very pleased to be here. I have waited some time, but that is alright – it is good to share knowledge and to speak about things for this helps to create more thinking, more questions and more knowledge comes out – particularly when it is shared amongst friends.

This Earth is still in disarray ... and I have promised that it will start to settle and become balanced. It will take some time of course, but you will see this very soon – and I know you question the word 'very soon' because we have often used it from other worlds and our time measurements to your earth time measurements is very different. I am aware of that ... but trust me! Do not give up! ... Everything is changing and it is changing so fast it needs time to settle and integrate – and I mean everything.

Everything that you think about or worry about is changing. And so have faith – because the changes are coming. Slowly but surely. And probably the slowest would be within the human mind itself.

I have said before, your brain is like a computer and so there are many things in your brain that will be 'popping up' for you to look at. A 'thought' that comes forth and it is a little like an opportunity to press a 'delete' button and not enter into thinking about it – or trying to consider what it is all about – but rather if it is a negative energy, a negative thought, then just DELETE it and move on.

Am I explaining myself? I hope so, because it is that simple. It is like re-programming your brain. And in doing so – of course you are connecting to the Soul Consciousness that exists in your body – but it is in another world. For it is your Soul (as I have said before) that holds the energy that is LIFE in your physical body – which has become your SPIRIT.

So I am speaking now, of asking you all, to just progress and not hang onto anything that is unnecessary. Does this make some sense?

It is an opportunity to ‘wipe the blackboard clean’ ... of all the past, all the history that is in your Soul, even. You need to release that. And let it go. Because it is influencing you through the cells of your body. It has grown into knowledge within your body which affects you. ... And so if you can let every little negative thought that comes into your brain ... which will seem like a thought ... if you would let it go ... you will heal ... you will heal quickly.

This is what I am saying: There is an opportunity now to close the door behind you and move forward into a new world more completely. It is yours – it one that you have created. It is one you CAN CREATE – so it is up to you as to what you DO CREATE.

And I ask you to think – and consider – *very carefully* – what you are thinking. Because that then becomes your CREATED WORLD.

So with that I will leave you to think about it. I have not come to lecture ... I have come to offer you my Universal Love – which is ALWAYS AVAILABLE. All you have to do is to call upon me, and I will be there.

Thank you my dear children, but for the moment, before I leave, I want to Bless All those that have written to me and I want to reassure them that I send my Love and my Caring and know that I am with you always. I thank you for writing to me – and my thoughts are with you. I bless you; I bless you my children, I bless you.

Thank you.

I, God, bless you”.

4 March 2014

With much love and respect in our hearts, we call upon Cosmic Sai Baba to make his presence ...

“I am here, and I am very pleased to be here. And to know that I am welcomed. It gives me pleasure to be able to *speak* and answer questions ... but I am not going to invite those questions today.

I just want to reassure you—as I have been ... in sessions before this—that the world is changing—you yourself can see that and feel that, and know it.

And what it is changing to ... is an edict from the Hierarchy of course, but – it is possible to make it a very special place; it is up to each individual to decide what they want to create, themselves.

There has been talk here this morning about magic! And that is part of creation ... It can be a trick ... But I would hope that you have moved on to understand that people, like myself – Avatars that have come to this Earth – special people that have come only to lift the consciousness of people – of humans upon this Earth, to show them that they are limited only by their own belief. And if they were to open their minds (their brain if you like) to the reality of a consciousness that is within them – that is always within them – whether they are in a physical body or not.

That is the secret; that is where manifestations can take place. That is where there is no limit It has been recorded when I have been here before (in a physical body), where extra food was needed for many visitors that came to my Ashram, and it seemed like magic You could write it off as a trick ... but where did the food come from?

Again, you need to think, and realise that it was not a trick ... it was an ability that I had to cast many forms of the same ... and so create more; there was no limit.

I could have created enough food to feed the world!

But you live here on this Earth with limitations ... you have what we would say 'a gift from the Source of All Creation'. A Gift of Will – **your will!** You make decisions!

You make decisions as to what will happen in your life and that is the path that you tread on this Earth ... and so it is not for me to come in and take over. Although at times I would like to ... but it would not benefit all the humanity upon this Earth.

They all need to come to understand who they truly are ... and that there is no limit ... only if they think there is. You move past that limitation and accept that you could move—literally—mountains if you wanted to. Again, when I was here on this Earth, I did change weather patterns; I did change the shape of rooms. I was only trying to show you that there is no limitation and that it was possible to change change situations so that they benefited others – benefited all – actually.

So, if everybody on this Earth put their mind to it, they could feed everybody on this Earth – there would be no people ever experiencing starvation. Which is still happening upon this Earth ***and I would ask humanity upon this Earth to think seriously about what they are allowing to happen here, on this planet.***

This planet itself is the mother she manifests whatever is put into the earth or even above her call of duty – she is always allowing things to grow, to feed; and many thank her for that, when they eat ... So if she is working for the good of all and those in the heavens that are wiser and see no point in fighting or raising weapons to sort out differences – then surely every human upon this Earth could start to begin to see how they can change things very easily – if they change the way they think – and think about each other, and caring for each other

And Universal love exists in the Universe – you draw upon that energy – let it flow through you to other humans around you ... and that energy will just automatically change any thoughts that are around that is not of good – that is not in the interest of humanity upon this Earth.

I ask you, ***I am actually begging you*** to re-think your thoughts and think about ***“Where are you taking this planet? The people upon it – where is it going? And how can I change what is not right?”***

I had not meant to come, to sound like I am preaching ... but this is the time for change. The planetary system, the galaxy, the Universe itself is changing and re-arranging the positions of various influences throughout the Universe.

This is an opportunity for Earth to move with those changes and become ONE with the force of the galaxy, the Universe and all energies that flow from the Universal Source of LOVE.

Please accept this. ... Please think about it; and you will know ... what the true feeling of LOVE is from your Creator – GOD.

Thank you my children, thank you. And before I leave, I take these letters that have been sent to me with such love and prayers – I want to reassure them that there is change ... if they can let go their fears and follow from the feelings within their hearts ... everything will settle. Everything will become – as it was meant to be – as ONE.

God Bless you my children, God Bless you.

I, God, bless you.”

1 April 2014

With much love and respect in our hearts, we call upon Cosmic Sai Baba to make his presence ...

“It is I, Cosmic Sai Baba! And I am very pleased to be here. Very pleased indeed. I have been in the room, and I have been listening.

And sometimes I have actually prompted; prompted a thought to you so that you would discuss these things; so you will need to think about what has been discussed in this meeting, today.

When I say I have prompted, I mean I have – shall we say – an image of a little lamp that’s just near you; and if you pick up that energy and accept it and make it your own, that is your choice. For that reason, we are not considered to be interfering, if you understand.

But here, this morning, it is a difficult time at the present, and there have been words spoken about a heavy darkness present ... that is like a wall, and these are words that I have left floating for people to pick up (if that makes sense) and use it in their language because it is ... it is just that. It is a wall of heavy darkness that this Earth, this planet, your solar system is flowing through at this time.

It will pass. But with the heaviness of darkness, it actually can revive memories of times when this planet was very lost in heavy darkness. And so with that memory, it can bring forth memories that you may feel are happening now or will happen in the future, But I can assure you, ***they will not.***

It is the past.

From now on, the Earth, the planet, will move on; will move forward. It is on its way to become what we have always referred to as *The Golden Age.*

So if you can just “ride with it” and understand that it is, uh, moving ... moving in a circle – you are moving in it, or through it; just allow yourselves not to be affected too much by this. But rather: PRAY A LOT; it will help; CHANT A LOT, it will help. And try to clear your mind (or your brain) from – what can I say – focussing on something that will only harm you or hurt your feelings; it is not necessary. Just move on.

Just allow this time to take place because it is *time* here on this planet and you find it will pass; it will pass very soon. But, for the moment, that is very difficult. We are aware of this. We star-people are aware of the heaviness and the problems that all beings on this Earth are going through at this time. All I can say, and reassure you is, “it will pass”.

So, if you trust me and listen, you will feel it in your heart. For your Heart is also telling you not to take on any energy because it is not yours. You are passing through it, you are passing by it, you feel it; but there is no need to carry it, so let it go. I implore you to do this. But it is the choice, of course. It is up to you. It is up to you. It is your choice.

You are living your life here on this planet, where I am visiting – right at this moment. And it is heavy with the darkness. But let it flow, because it will not stay; and it will feel much better as it goes, as it leaves.

So with that, that is really my main energy of information that I have for you, because everything is energy and I would like you to remember that and think about that! And energy that is heavy can be replaced with energy that is light. It comes directly from the Creative Source of ALL, which is Love. Universal love; so focus on that. Replace any darkness with that.

Thank you my children. But before I go I would like to thank all those that have written to me. And I bless them, I bless them for writing. I know many are troubled, but many are grateful, also. So think about that. For, being grateful will help you connect to the higher energy from the Source of ALL. Because we are always here to assist. Thank you my children.

God bless you, God bless you, God bless you.”

6 May 2014

We are calling upon Cosmic Sai Baba to make his presence on this day, 6th of May 2014, and it is also the day of Enlightenment of the Buddha ... which is also celebrated as his Birth Day.

“I am here! And I am very pleased to be here. In fact, I have been here all the time. Listening! And with great interest.

I have said before, that we float thought forms in and around you and so many of the thoughts that you have had actually float into your mind and if you accept them, they become yours, you understand. So we are not interfering with any – shall we say – with any karmic roots within you. We are assisting. And we have been assisting mankind – humankind, ever since they began here on this planet Earth.

There has been quite an evolvment and transition with the human – and now ... now I can say ... that finally you are moving into a dimension where you will find it easier to understand your own Self and your own consciousness. And who you really are. And from there of course you can work and help to create what is meant to be upon this Earth. Which has been called the Garden of Eden.

I have said before that Eden is a sound, a vibration, and this is at the level of what the ... images and creation ... will take place.

And I mention this because there is talk about music and colour ... and sound of course, is both. So that the vibration from that will help with creation. And this will make it much easier in your lives if you – take it into you the ability of feeling the vibration – that comes from the colour and the sound. And you will be able to move forward. And make your life very easy; very easy indeed. For your consciousness will match that vibration.

And that vibration itself holds what is needed for each and every individual soul upon this Earth. For I would like you to think about this.

I will not speak too long today, for I want you to understand and know that you are moving forward into the Golden Age. And this is a most important transition!

For, if you feel that you are confused or unhappy or worried, *ask* for the Creator of All to help you to release this energy – for it will be easily released I can assure you – and from there you can move forward. And you will be as we all want to be, wherever WE are—whichever universe WE live—*and that is free!*

You have freedom of choice. You have freedom of will. And so it is up to you to work with yourselves ... to free yourselves ... and the energies are all around you, to help you ... to take that place.

Thank you my children. Thank you. But before I go, I will bless these beautiful people that have sent me emails ... And words of gratitude, along with their concerns and worries. And I want to reassure them, that I am with them always for when they reach out to me, **I am there**. So please, accept that, please trust that. I love you all. And I have promised I will never leave you—once you have reached out to Me—I will never leave you. Remember that, remember that, remember that.

Thank you, Thank you, Thank you.

I, God, bless you.”

3 June 2014

We call upon Cosmic Sai Baba to make his presence and we welcome his visit to us.

“It is I, Cosmic Sai Baba, and I am very pleased to be here today – it always pleases me to come and to speak to your gathering and I would like you to know that I appreciate the opportunity. So thank you My Dear, thank you.

There has been a lot of upset, and it er is actually caused from the earlier sun and the revelations from the Sun that comes from the fire that bounces around and sometimes flares to a point where Astronomers can see it very easily and it has been very active in the early part of the month of May.

Those Solar Flares send out electric magnetic energy and it does find its way to your planet Earth. Because you are electrical beings it affects you and things around you. It affects everything on the planet.

This is not readily taken for granted but ... it is not always recognized by the mainstream people that live on this planet. And so it has been rather a time of difficulty for many people but I would like to announce that this time is softening and that the energy is being more calm now and people will not be stirred up so much. For it is the electromagnetic energy that does stir up the energy that is within your planet – and surrounding your planet.

I would just like to say that all is moving forward – sometimes things are worse than others – sometimes things are much better – but if you look back and measure you would find that things are improving.

This may not be readily seen or understood, but measurement can be taken of ENERGY and the energy is everything – I can assure you – all is energy. People and their breathing is energy – The planet itself is energy – in everything that happens upon the Earth is energy.

And so this has different levels of measurement – and the measurement goes on to uplift consciousness – and this consciousness is raising. And so we are very pleased to see this, although it is difficult, I understand that.

But please believe me when I say – The Earth is moving forward, it has never stood still and it is moving into the place where it is in alignment with a core of a suns – and this has already happened – and the energy itself from the Source of All Creation is helping to lift the consciousness of everything upon your planet.

And elsewhere in the galaxy.

So dwell on that – and be assured that things are moving forward and Peace will find its way here on Earth amongst all the people that exist on this planet.

It will happen – it is coming – so please do not give up hope – allow yourselves to be human. By that I mean – nobody is perfect, but do not judge one another – understand that some make mistakes – some fall – but I want you all to rise up and know that from the Source of All Creation help is readily given – and all you need to do is to ASK.

So with that I will take my leave – I would also like to thank all these people that have written to me – I send blessings to them and I have the message that I have just given to them. Please do not give up hope – all will take care of itself and RIGHT will be found upon this Earth.

The measurement of the consciousness is raising – I have said this – but I want you to know that the consciousness when it raises to a level where all are at Peace with one another – a thought of a weapon – or the raising of a weapon – will not exist. It just does not exist in that level of consciousness.

So be aware, consensus is starting to reign already upon your planet – and we are very happy to see your leaders directing the talks and the necessary reconciliation to take place for this to happen.

So thank you My Children, thank you.

I send my love to all,

God bless you, God bless you, God bless you”.

27 June 2014

Transmission received from Cosmic Sai Baba on Friday 27th June, 2014 At Moss Vale, at 11 am. John (my husband) and I sat together and called upon Cosmic Sai Baba – we had previously “booked a time in the morning to speak with him.”

“Cosmic Sai Baba: “I am here my dear, thank you for asking me to come this day ... and I am very pleased that both of you are here because it is an important message that I would like to announce, if you are prepared to be my messengers.

And So do you have a question John?

John: Yes, Did you appear in a light body to about 150 people or so at Kodaikanal in India recently?

Cosmic Sai Baba: I did indeed, and that has gone out like an announcement – I wanted people to know that I was still around and that they could see me – and as it happens, shall we say as we move into a ‘higher frequency’ that has happened in more recent times – I am able to come here and present myself and be seen by just about everybody.

And so yes, I did come.

John: O.K. Well there are messages being received by others that you intend to come back and stay here in a light body for another 7 years and leave here at the time you promised you would leave your earth body and that was your 96th year?

Cosmic Sai Baba: It is true, I have made the announcement to other mediums and I am asking you now, to confirm that it is so. That I am coming back, and presenting myself as people would see as a normal body. It is not actually a normal body, it is made of Light. It is a Light Body. I am able to come into a frequency quite strong – and so rather than looking like ghost – I will be seen as if I was another Sai Baba here – exactly the same as I was before I left my Earth Body.

Does that make sense?

John: Yes. That is wonderful Sai Baba, we shall all look forward to that as we miss you very much. *Now, do you want Valerie to assist you in some way in your journey?*

Cosmic Sai Baba: Well, I have asked Valerie and she has committed to help me – yes. In a specific way yes: I would like her to transcribe what we have been talking about this morning and putting it on email or even on the Net. In fact it would be good if it went onto the Cosmic Sai Baba site. And so yes, I would like her assistance for that.

John: O.K. We can do that. Now what about the book you asked her to write of people's experiences since you died?

Cosmic Sai Baba: It is true – the message did not come through another medium not quite as I meant it. But that is alright – I was really preparing Valerie for the fact that I was wanting this meeting to take place as it is now.

And so, really, that is what I want her to do.

And when I say I want, of course it is her choice, but I know she is committed to working with me and I know she will be very willing to do this.

John. O.K. Now, that is all there is from us Baba; *have you got anything to add that we should know?*

Cosmic Sai Baba: No, for today is to be focused on my message to humanity. For Yes, I am returning. I have been here all the time – as I have said – not always seen by everybody. I have been seen by quite a few around the Earth, who have spoken about it – but when it is coming in from one personal point of view it is not always readily believed or understood for that matter.

Because it is using clairvoyance and that is like the *all-seeing-eye*, that everybody has – but not all have the ability to work with it. (This is not a judgement by the way.)

And so yes, I will be coming and presenting myself so that everyone can see and I believe it will be an important step for humanity. In fact, I know it will be. And so this is my message to you both...I know you intend to travel to France, and I am very pleased about that ... as we have said before we put our leads out and if you pick them up and run with it then we are very pleased that you have done that – because it is your choice, not ours. Although we have suggested it in the ether, if you like.

And we have more work planned for you in France when you are on your journey – in fact it will start even before that – so you have my blessings, both of you and I work very closely with you, more than you realise – both of you. I appreciate your readiness and willingness to work with me so quickly when I put forth a suggestion in the ether and you pick it up and follow it – this gives me great pleasure and it makes my work with you very easy. So I compliment you both on that.

Thank you my children, thank you – that is all for today.

I, God, bless you.”



1 July 2014

Ah, we are calling upon Cosmic Sai Baba to make his presence, and we welcome his presence here this day, Tuesday, the 1st of July, 2014.

“I am here – and I have been here for some time and I have been having a little fun with this bell ... to make it louder as you asked me ...

You asked me if I would make it louder to show that I was here ... and I AM. Because you have been saying you have never heard it ring so loudly before. So I am playing a little joke with you girls; and I am very happy that you have asked me to be here.

There has been much talk about me coming in a LIGHT BODY and appearing in front of many people; and it is true. And, I am intending to come more often in this way. There are many people on this Earth who will not understand – but people like yourselves will be able to help people to understand.

And so this will help me to, shall we say, ‘Bridge the Gap’ of returning after the body that I was in has turned to ash or died and I am here – or will be in front of many people, as if I had not died at all.

But, I am in a LIGHT BODY which is without the earth chemicals (or chemistry) in the cells.

BEINGS OF LIGHT DO EXIST – they come from the highest order, which is where I come from. And I would like you to remember that because I come with love – LOVE FROM THE UNIVERSE – Love for all Beings upon this Earth – and it is my duty and my desire to help as many as I can – to help them to understand *who* they really are.

For once they really understand who they really are – wisdom comes – understanding comes – and you can be all teachers so that you can tell others and help them to understand. Does that make some sense?

So ... my role here today, is merely to re-affirm to all the people that want to hear: is that I am – I have ... returned in a LIGHT BODY and I will be coming and going – very often – to many; to a few; It depends upon where the energy is high and where I can manifest ...

If there are prayers, I can come easier than if there are not prayers – but I say this really because with prayers I know I am welcomed. And I wish to only come to places where I know I am welcomed.

Not because I fear anything, but rather, what is the point in coming if I am not welcomed?

I want to allay people's fears. There is no reason to be fearful ever. If you raise in consciousness and pray to GOD THE ALMIGHTY, THE CREATOR OF ALL – this is all you need to do to remain in a place of elevated ascension and this is what it is about.

Jesus showed many – there is a story about how he showed many – of dying; and then, raising his body three days later: and in a way that is what I have played out except that instead of 3 days it has been 3 years.

But, there are reasons for this – but nothing for you to worry about. It is more connected with the Cosmos. And so I would like you to accept the fact that I have returned – I have ascended; and I hope you all will be welcoming me on my return.

For indeed I wish to stay until my 96th year so that I have not actually let anybody down in what I foretold about this Earth body. It is just now that it has changed to a Light Body – but I am exactly the same as I was on Earth as SAI BABA.

So please, please! Welcoming me is my truest and most heartfelt desire that you put out to me. And I will come, in one way or another. You have already felt my presence in this room; as soon as you walked in the door, you felt my presence. And then you felt, some of you, that you could see me, and that is good.

And with the sound of the BELL of course, I responded and showed you that yes I was definitely here. Now all this could sound strange to others that are not in this room to experience it. But that is how it is.

There is a need for everyone to experience it – and then they will know – and not just hear – they will know. Or if they hear it from another they will know by the feeling of it – whether it is true or not. This is for you to decide. BUT ...

I HAVE RETURNED—AND WITH THE LOVE OF GOD, which is the most important message that I bring.

Before I go I would like to BLESS all these people who have sent letters asking for help – I would like them to know that I always receive every message that people send to me – I receive it. And I would like them to know that I return their love and assistance in the best

way I know is for them. Some might not think it is, but eventually they will come to understand.

And so I thank you again, from my heart, for inviting me. Thank you, thank you my children, thank you.

I, God, bless you”.

Addendum

As people arrived today, there was a very strong aroma that the devotees of Sai Baba recognised as the same incense perfume which pervades His Ashram. We kept remarking about it and how strong it was; so we knew Sai Baba was in the room. There were two guests present who were new to Sai Baba.

I usually Ring the base of a temple Bell to settle the energies in the room when we begin our meditation. It would not ring, so I suggested we sing 3 OM's and tried to ring the base of the temple Bell again. And it still wouldn't ring! So we repeated singing 3 OM's again. Still, it wouldn't ring! So in my mind I asked Baba telepathically would he please sound the Bell really loud to show his presence here.

I again rubbed the base of the bell and it very slowly began to ring. The sound became louder, louder and louder and I felt I had been taken over and transported somewhere. It still rang, rang and rang; very loud! I remember I was thinking I wished I had recorded the whole thing but I couldn't take my hands off the bell.

Then it suddenly stopped and I felt I had been hit with a very strong Jolt of electricity.

We then decided to move straight to Cosmic Sai Baba's transmission.

The two new ladies confessed (they had been coming to a few previous meetings) that they had never heard a hand bell ring so loud. And both confessed they had some doubts as to where 'the transmissions' were coming from but after today they knew it was Sai Baba. One could see him in the room even though she said she was not very spiritual.

I have written in my first book, **The Book of Love by a Medium** (blessed by Sai Baba) of an experience I had with Sai Baba in his Ashram at Puttaparthi: This was the last paragraph of the book.

“Baba again ‘set-me up’ one day not long before we were to leave the Mandir, where Baba was observing some building extension work near the Mandir. There were 10,500 people behind him and as I hurried to join them, I found myself facing him with nothing between us but a space of 30 feet or so – I stopped in my tracks and wondered if I should fall to my knees but he just stood looking at me and it was if time stood still. I could not move. Telepathically he asked me to note the signs around him – he was standing next to a very large Bell.”

I believe his message then (1993) has moved in a large cycle until today with his marvellous message of returning in a LIGHT BODY to his ANNOUNCEMENT WITH THE SOUND OF THE BELL.

I thank Sai Baba with all my heart, and soul for his loving Grace.

5 August 2014

We called upon Cosmic Sai Baba with great love & respect to make his presence amongst us.

“I am here – I am very pleased to be here among you ladies that are so peaceful and harmonious. And I say this with great admiration ... because as you have been saying – when you were talking – that this is something you would like to see upon this Earth – everywhere.

We from the World of the Stars would also like to see this happen. And we are here ... Do not forget! ... We can help you to make the changes. ... So please ask.

All you have to do is **ASK**.

And we will come.

You will be answered.

Certainly you may not be answered in the way you would expect or would like – but you will be answered along with the same frame of thinking, for the good of all. (If that makes sense.)

The World at this time is actually (or appears to be) in total chaos – but not everywhere. It is not all over the Earth. However, there are many things, many challenges people are facing and I would like you to continue with your prayers and your assistance – so that – you so willingly give to your fellow humanity – *I would like to say we commend you for that* – and we are happy that we are able to help **YOU** when you call upon us.

I want to reassure you that all is moving forward and good times are coming – a little time off yet. But they are very close.

So take heart from that because the Universal Love and the new energy that is coming upon this Earth is starting to cover the whole of the Earth; and touching everybody upon this Earth, and they cannot help but change to match the energy ... above ... from the Creator of All.

Remember that. ... If you get a little bit disheartened – remember that. That is all that I ask of this day.

I want to give thanks also to those who have written to me; and I send my love to them and I hope they will read my message today for it is one of hope

Please believe this ...

I send my Blessings to all of you. And thank you! Thank you, thank you, for working so well with the heart that comes within all of you – of compassion.

For this is what is needed at this time.

I, God, bless you”.

2 September 2014

With great respect and love we call upon Cosmic Sai Baba to make his presence here today.

“I am here and I am very pleased to be here – I have been here all the time of course, and your energy fields are very bright and light this day – and it pleases me to see this. And so, I know I am welcomed and I thank you for inviting me.

My message today, is not a long one, it is again one of reassurance – one to advise you that there is always help if you want it. ... All you need to do is call upon me and I will send a messenger or myself. I will come – it depends upon what is happening. But please do feel free to call upon us (if you like) if you would like me to express it that way – because there are many.

And I would like you to ask always for the Highest Order of Cosmic Beings. They may have different shapes and different forms and you may have developed the ability to see them – in your inner-eye – and that is good. Do not be afraid. Just get used to it.

For the form itself is not the real being – the real being is the consciousness – and that is important. This is what you need to recognise and work with always – when you are working with the paranormal, if I can put it that way.

When I say that, here on Earth the beings who are humans – think this is the world that is normal – but I can assure you – it is not the real world. And that you are here – shall we say – on an adventure, to learn, to experience, to share, to help one another, to grow – to grow in morality – and this is important.

For morality is the character building and that is what you are all aiming for. And it exists in total in Divine Energy of Love and Light.

From the Highest Order – from God, the Creator of All. So I would like you to think about that. Just think – and then meditate. And if something comes into your mind – think about that also. For it is a message from your soul that is asking you to consider – to think about and consider what it is and why that little message has come – in this particular moment-in-time.

For it is up to each and every one of you upon this Earth to grow. And to know who you really are – to know thyself.

And that is only an ability that you have ... that can learn – that will give you the understanding of who you really are. Nobody else can say this for you – or do this for you.

I hope I am giving understanding of what I am saying. In other words be responsible for everything you do and say. And every reaction you have in your emotions – look at them –

think about them – if they cause pain to you – investigate it! If it causes pain to others, then ask why you should want to do this to other people.

Find love in your heart The Universe is Love. It is Compassion. This is the true source of the Highest Order.

Remember that – remember that.

And before I go I would like to give my thanks to the people who have written to me

And share their thoughts with me, and again I would like them to consider the message I give this day.

So, I thank you. Thank you for inviting me and I leave you now with love,

I, God, bless you”.

7 October 2014

We are calling upon Cosmic Sai Baba to make his presence amongst us, and we welcome him with great love and joy.

“Oh! I am here! I have been here a while! But, ah, that seems to be normal, with, er, you girls!

(laughter)

“But I am not judging this. I am very happy to be here. And I am glad that you have taken notice of ... my – little reminder – of the tinkling bell! And we shall move on now.

I have come ... to reassure people that – although what is happening around your Earth is of concern, of course. And prayers are needed; **prayers are very much needed**, to help ... to calm ... the energies that are around the Earth at this time.

You do not have to focus on any particular area; just send out the prayers – and pray for world peace. And the Angels – or our assistants – will take that energy – as I have said once before, it is ‘a little like fairy floss’ – and take it around to disperse the energy, the heavy, dark, energy. I hope that I am explaining that well and you understand what I am saying; **for everything is energy.**

And, energy is thought. So there are forms of thought that are quite dark and heavy, and need to be lightened – literally. I hope that makes some sense.

And so your prayers are very much needed at this time.

I haven't come to speak (or preach) for very long; I have come to encourage you all to continue with your light-work, *which you do so well*. And I want it to go out on the website – that I, and my co-workers, are very, very happy, about – what is happening with light workers as they work – and follow direction from their soul-consciousness. Even though they may not realise or know where or why things are asked of them, they still do it! And this, I am very happy about. Because it shows faith; it shows love for humanity and the energy of Universal Love goes out with those prayers, so, thank you, thank you!, thank you!

There is nothing much one could say; I could analyse what is happening upon this Earth but there would be no point. In some ways, that would give energy to some of the darker energies that exist. Just realise that things are changing, and what is not needed any more is rising to the surface and being dispersed.

Some (dark energies) hold onto each other so it is like a cloud – that's a tightly knit cloud – of dark, heavy energies. And these are the energies that need to be – shall we say – enlightened. So that everything, every energy moves around and plays the role of whatever is needed upon this Earth. Nothing happens by accident; everything that happens is for a reason and a purpose.

So please do not *judge* anything at all.

But, know that there is great love needed for those that do not seem to understand. And I think you know and understand what I am saying; and I thank you for that.

Because you have been awakening for many, many years – and have studied much and listened to much – to what we have to say. Again, I thank you.

So before I leave ... I would like to thank those that have written to me; and I want them to know that they are also in my prayers. I send them my blessings. They are not forgotten. It is trying times at this time; and a lot are facing issues they do not really, really understand at times. A lot is coming from past lives, from lives that they have lived many, many eons ago. If they can let this go and release it – let it go – they will feel much happier. And be free ... so that they can move forward with the changes and not feel that they are dragged back in any way.

I would like you to ponder about this.

So thank you, my Dear Ones, thank you.

I, God, bless you?.

4 November 2014

We call upon Cosmic Sai Baba to make his presence amongst us, and we welcome him being here. Thank you.

“I am here, and I am very pleased to be here. As always – I enjoy meeting with you and speaking with you.

Today, there has been a lot of talk about is the world (if I can put it this way) *“Is the world ever coming to a place of peace and calm?”*

I can assure you – it is – but a little time is needed now – and your time on Earth is measured differently. So I would say it is not all that long. Maybe a cycle – a cycle you could say, of say, 7 years. And I say approximately this amount of time to then move into the 8th year of Peace and Calm.

I am saying this because this is the time that I, myself, (in a physical body) was supposed to be around on the Earth. But I left a little earlier. However, I am still around! I am still here! I am just around, but out of your sight. I am in the next world, if you like. That is not exactly my home but I am staying this time, this length of time, to actually influence and assist – I could say the human – but I would like to say the little earthling, because it is a race. It is a race that struggles – to understand – to understand each other. It struggles to respect one another. It struggles to *agree* with one another. And I would like to say that **more** time and effort should be placed upon communication and a willingness to understand each other. So that consensus can be reached about many issues that different races upon this Earth disagree about, even though you all come from the same race.

It is you that have divided it – and so it is up to you to bring it together.

This is not a judgement – this is a Karmic Law – for what you put out, you get back! And so everybody needs to think about that. It is very simple – a very simple law really. It applies to everything; in action ... in thinking ... and even feeling! For all is energy – and the energy goes out – and it comes back. So that is what I am trying to say.

So I would like you to think about that. For it will *help* to soften the energies that are around ... to make it easier to find consensus with one another. If peoples’ thoughts were not in anger but rather almost a whisper they would then be able to communicate and transfer thoughts and influence one another without realising how ... but it would influence others.

So please be aware of the way you think ... because that is what happens before you act ... and if you think gently then the action will be of a gentle nature. And then of course, when the action is of a gentle nature – then the feeling is also of a gentle nature – and I can assure you that this is what the Source of All Creation is. It is one of what you could describe as Love.

I hope I am explaining myself, for this is all that you need to understand really ... to find Peace and Harmony upon this Earth. **It is that simple.**

For when you have a gentleness about you it is easier to tap into – shall I say – higher knowledge ... higher wisdom ... which is within everybody. And you can reach out to this part of your Aspect. I say ‘aspect’ because you are part of a larger soul. A larger group of souls. And you are all here in a physical body to help ... to help ... to care for one another ... and respect one another. Again, that is all that you need to do to find Peace ... Harmony ... and Goodwill upon this Earth.

I do not want to sound like I am preaching (although I think I am sounding that way). So I will leave you to consider what I have said. And please, be kind to yourselves also ... in your thoughts. Be loving to yourselves ... in your thoughts.

Don't let a judgement enter into your psyche (shall I say) but rather, replace it with a kind thought about yourself and that gentle energy will permeate through you very quickly. Much quicker than an angry energy. It will soften ... it will heal ... it will release ... and this is what needs to happen to everyone upon this Earth.

And so my beloved children, I thank you for allowing me to visit you this day. But before I leave, I want to take these letters that people have sent – so lovingly and calling out to me – and I want them to know that I read all that they say (takes letters from basket) and that I return the energy with love. I transmute any fear that they may have ... for when it is transmuted into love ... all else falls into place. And if not straight away – then it will eventually. That is all you need to think about, my children. That is all.

There has been talk about the children that suffer upon this Earth ... and it is so. There are far too many of the children of the little earthling who are suffering.

And they do not understand. They need care and they need looking after, so please, *please*, look after the children.

I thank you, I thank you and God bless you.

So thank you, my Dear Ones, thank you.

I, God, bless you”.

Transmission by Mother Mary

With a great sigh Mother Mary entered:

“It is I, Mother Mary ... that speaks to you. It is no coincidence that you have felt my presence this day. There has been talk amongst you about the Mother Mary, and I am here.

I am here, prompting – even Sai Baba – to speak about the children ... because the children are suffering. The children are deeply suffering on this Earth in many, many, ways. Not just in one country – but many countries; and in some countries ... that are really quite well off ... and *still* the children suffer.

I know there has been big movement to help the children; and to watch over the children, to protect them. And I would like you to pray for this. That is all that you need to do – to pray, because the right people, the ones who have the power to *bring* the change will be affected by those prayers whether you realise it or not.

(Whispering) So I have come ... just to mention this and to encourage you to pray. That is all My Dears, that is all. I am so pleased to be here this day and sharing with you – you are beautiful women, beautiful women, beautiful women.

2 December 2014

After chanting OM three times, Valerie says, “It is the 2nd of December and we are gathered here in the Name of God and we ask that Cosmic Sai Baba make his presence among us”.

“I am here. And I am very pleased to be here. As usual I have been waiting for some time – dear ladies seem to like to talk – but that is alright – I have encouraged that before and I still do. I joke with you of course.

There is a saying that “*women talk too much*“, but I do not agree with this. I am male (if you like) ... I present myself at this moment as male – but actually I am androgynous – which could be either male or female.

And when you raise into the Angelic Realms – this is how it is. It could be one or the other ... For both need to come together to find real balance.

There was talk of a pope, who had an assistant – as you would say, like a housewife – and that was needed for the energies to meld and become strong ... So, what I am saying is that the female energy is very strong. And it is needed very much, to be heard upon this planet. It is not listened to enough ... by the men.

Maybe from fear ... fear is the thing that will take over – and this is not so ... for women in their energy of female are nurturers – they are carers – they do not want to take over – they only want to look after.

But they feel strongly about some things ... because they have a sense of protection in them – particularly towards children ... and they can be very, very strong if they feel that their children are coming under danger.

That is where the power is coming from – and that is perhaps what makes many males feel little threatened. But they need not feel threatened at all.

There is just a need to talk and to listen to each other, so that understanding can take place. Once real understanding takes place then the interaction can take place ... and at, shall we say political levels and world leadership ... men and women can discuss things with great care and insight ... coming from different points of view ... but both is needed so that Peace can reign upon this planet.

And this is what we are recommending ... that more women are listened to and elected into positions of power so that they can – shall we say – give of their intelligence and their way of thinking and their way of solving problems. ... It is most important.

Most women do not want to run and create a war. And this is what is needed – this is what needs to be listened to. ... **They only want to protect** – and this needs to be also listened to.

They only want to care with love and affection – and this needs to be listened to also.

For all these things can be adapted to the most highest political decisions for the Earth ... and the Earth will then 'tune into' the energy of LOVE AND COMPASSION and that of PEACE.

I am sounding like I might be creating a war myself, talking about the differences between male and female ... which will go on and then be discussed. This I hope will happen. For as I have said, discussion is needed at all levels. Understanding is needed – at all levels. ... For understanding is only from one point of view if expressed, but, if listened to from another point of expressing – then an understanding can be received as to how *they* are thinking and feeling – this is important.

This is what it is about – understanding from all points of view. I do not intend to go on talking ... for this is accused of women ... and now as male ... I may be sounding this way also.

I joke here ... It is really one of communication – so there should never be a judgement of too much talking – for communication helps to bring understanding. And from there, Love and Compassion can evolve.

I want to thank those that have sent me the letters ... Know that I have received them and read them; and also I send my blessings.

I thank you my children, I thank you, for allowing me to come to speak.

I, God, bless you”.

