

Cosmic Sai Baba Transmissions 2016

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Cosmic Sai Baba Transmissions for 2016

At the inspiration of Cosmic Sai Baba, we make all the transmissions for 2016 available for you 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 2016 transmissions by Cosmic Sai Baba as an E-book for spiritual benefits; to print and to share.

5 January 2016

Valerie: *We are calling on Cosmic Sai Baba to make His presence amongst us. It is Tuesday, 5th of January, 2016. And we welcome his presence.*

We have prayed for Peace to exist and we are asking for a Miracle, for there are so many people around the world who are praying for peace. We are calling upon Cosmic Sai Baba to create a miracle so there is no doubt (in the minds of people) that the Source of Creation – and God – do exist. And we only need one focus – and that is Love. Universal Love. Kindness. Compassion.

“I am here! And I am very pleased to be here – this day.

There has been a time on this Earth – of festivities – of a season you call Christmas. And Christmas is a time that has been celebrated long before Jesus. For some of whom were upon Earth.

It came from the very beginning of teachings that were upon this Earth, to help the humans to know and understand who they really are.

There comes an inner Sun. The inner Sun – glows. It is Light. And people refer to Divine Light that comes from the Sun; and the warmth of it – and how it makes you feel. You feel lifted; you feel happy – when there is gentle warmth.

And this is the Love that we speak of from other worlds. When we speak, and sometimes have influenced different beings of those who are called Prophets that write of these things. And they talk about the Spirit, which is Light.

It is within you as a human – and it is around you. It was seen – and is seen – by psychic people. But it is also seen with ‘machinery’ that operates in your medical world – in what you call hospitals – and they see what used to be called an aura – but it is the same; it is Light. And they see colours. And colours – of course – make up Light.

They make up White Light.

I am bringing this to your attention because I want you to really think about who you are. **And I can say to you that you are Light Beings.**

You have a Soul. Well in some ways you would call a Soul the Sol (or the Sun). And it is the inner Sun – of you!

It glows.

It is only when you allow emotions to take over you that it becomes an energy that is the Shadow. And blocks the light to some degree.

So my message today – is to ask you to free yourself of the emotions that are negative – in that they are like a shadow that hold back the brightness of your natural light which can be related to things like positivity – or a creative thought – and emotion.

You can think about this. This (light) is what you can allow to flow through you. You can allow it to BE you.

That’s all you have to be – is to be kind, and compassionate.

Remember this.

Because that energy is coming from the Light within.

And when you touch people – or even just be near them – they can feel this energy of love – the Universal Love that we talk about that comes from the Creative Source of All.

I will leave now, my children, and I hope that you think about this – and work on yourselves. **Just ask God** to release you from all the negative emotions that you hold within so that the shadow is released and your light will shine.

It will shine brightly!

And people will notice this see it. But that is not the only thing, they will feel the Love that comes from the Source of All Creation.

God bless you my Children, God bless you.

I, God, Bless you. ”

2 February 2016

Valerie: *We are calling on Cosmic Sai Baba to make His presence amongst us, this day. And we welcome Him with love in our hearts. It is the 2nd of February 2016, and we are meeting in Moss Vale, Australia.*

“I am here, and I am very pleased to be here. I really enjoy coming to speak with those that I know welcome me and accept me.

For I come with a message of Love. Of Love and Unity and Kindness and humility and caring for people.

This is the Love that exists in the Universe of all Creation.

The energy infiltrates everybody – if they will allow it. Every child that is born on this Earth is born with this energy. So there is no such thing as an evil child – far from it – however some grow and do what people call evil acts.

But they have forgotten, they have forgotten who they are – and there is always an opportunity to change their way of thinking or reacting. The True Frontier that needs to be researched, is the one inside one’s being. The inner frontier of who you really are. And it is possible to find many ways to do this.

I would encourage you to do research – and take note that of things that come around you – to prompt you – to research – or investigate – things that are happening within you. For it is your emotional reactions that will give you a clue as to what you need to look at and perhaps change within yourself.

You are the mirror – and if people want to change and find out what ails them, they can ask. That is all they have to do. You ask God or the energy from the Source to help them to find the way, to know the way, and to understand the way.

And from there – energies that are no longer needed within them can be released and replaced with the energy of love. Which I have already said, is one of kindness and assistance to others.

This is why you are here – to help one another. Realise this – no matter what you do or where you are – it is very easy to assist – to not back away because of shyness or fear – just *operate*, if I can put it that way, in a kind way and a loving way and just perhaps a gentle touch will be enough to help many people. Many people indeed.

Now having said this you have this language that is within you – a language of Light – it is vision – it is imagination – it is a nation of images. And if you sit quietly, and work with that, you can help bring changes upon this Earth and within yourself – by seeing the event or images changing to how you would like them to be.

So focus on the Source of All Creation – that is all you have to do – and if you want to call it God – then please do. If you want to call it The Force – then please do. If you want to call it the Angelic Realms – there are beings that work very closely to that Source and they will assist you. So call on them to help you to change. To manifest the creation that is in your mind – it is possible.

It is possible that you can create miracles if you want – if you believe – and you know, deep down, you can!

So please pray, and use those images that you can see or feel or know – that can happen and be upon this Earth ... as you know it should be. And how, deep within your hearts, you want it to be.

Thank you my children for listening, and I know you will continue to work the way you do – to bring Peace and Harmony and Goodwill upon this Planet.

Thank you.

God bless you my children God bless you,

I, God, Bless you. ”

1 March 2016

Valerie: It is the 1st of March, 2016, and we are calling upon Cosmic Sai Baba with love and respect and we welcome his presence here with us.

“It is I Cosmic Sai Baba and I am very pleased to be here – I have been around for some time and listening to the conversation and knowing what is happening ...

It gives me joy to be able to hear you and how you respond to things. Because this is the answer to life and living with peace in your hearts and coping with whatever life puts in front of you. Because sometimes your life’s situations can be quite challenging. And this is what I would just like to talk about today – because there is quite a lot of challenge taking place around the world, these days.

It will not last for too long, but it will continue for some time. There is a new energy coming on to this planet and it is causing disruptions – but at the same time it is lifting the energy upon this planet.

Lifting it to a point that has been called ‘an ascended state.’ The whole of the planet will raise in consciousness and that is what is happening.

So if you think of your body as having a consciousness – it does. It is separate from your Soul Consciousness which I have spoken of many times. Your body has a consciousness also, it could survive for a very little time after death is approaching. But it will eventually lose, or leave that consciousness when the Soul and Spirit leaves the body.

I want you to know and understand that.

It is important that you understand that, because sometimes people that are helping those in danger – they think they have died and left their body – but they haven't quite – so it is important that they stay with the body because there may be a choice to continue in the body and their Spirit/Soul may stay even though the body may be badly damaged.

BUT that can heal. The body has an ENORMOUS ability to heal. More than, er, I think is readily understood. We have shown the medical world many ways of healing and many ways of assisting people who are sick ... but the body itself has a structure of healing that can work very well – it is important not to give up, or to not recognise that within the body.

Sometimes, of course, there might be a need to 'push' and try to make the body heal quickly – but this is not the body's way. It actually has a slower mechanism to heal whatever it needs to within the body and it takes a little time.

The best way, of course, is a prayer for a particular person that may need healing.

Also, if you, yourself are injured or need healing after an operation, or something like this, you can follow your inside intuition and follow that quietly and calmly and thoughts will come from the body that is telling you what it needs to heal.

Or sometimes it is just simply a matter of quiet relaxation so that the body can not be busy but, slow down enough to register a healing within it, or to register a consciousness that is within it that believes it is under threat – when it is not really, it is coming from fear – and that can be quietened and the body will heal quicker.

But it will heal. So do not give up too quickly if you feel in danger. All you need to do is to quieten the self – quieten your nervous system – quieten your heart – quieten all the bodies within you that function to help clear the body and nourish the body – and then draw upon what medical people advise – and what you feel yourself – what your body is calling out for.

I hope that I am giving some advice that makes sense. I am not suggesting that you avoid going to seek help or medical help from a Doctor, or a Nurse or a Hospital. I am not suggesting that you stop doing that.

I am just asking, or suggesting, that you quieten yourself and relax. And not allow the brain to race too quickly with all sorts of thoughts and chatter – but go into your heart and listen – because it is where your 'LIFE FORCE BEATS' and from that BEAT you will feel what is needed to happen within you, I can assure you.

Your Spirit your Soul, will advise you. Some people would call it psychic ability but everybody has it. So do not forget that. Some call it a 6th sense – you can call it that if you like – it is a 'KNOWING' that something needs to be done, or to be eaten or to be drunk to help you to heal.

Everything in moderation – do not gulp – do not breathe too fast – slow everything down – and it will help the body to heal.

So I will leave you with that to think about – I come with my Love, my Blessings, just surrender to Peace. For that is who you really are – *Peaceful, Wise Light-beings* – if you accept that – your angelic self will keep you safely always.

And the God within you of course, it is always with you.

Thank you my children, Thank you.

I, God, Bless you. ”

5 April 2016

Valerie: *It is Tuesday, April the 5th 2016, and we are calling upon Cosmic Sai Baba to make His presence. And we ask him with respect to bring His message today. And we welcome him with love. Thank you.*

“I am here! And I am very pleased to be here – I have been here for some time and listening.

And I am very pleased with the knowledge, that you all have, and the wisdom – and the choices that you make also – about living your lives. It is good; it is good.

And I know that you are here to serve with us; you serve God, and we welcome that. Because we can then work easily with people such as you – *all you need to do is call upon us* – please remember that! Please remember that.

My message today is not that much different from the messages I have been giving ... very recently. It is a time of challenge; it is a time to think about who you are and why you here and how you can change that. So my message is not very long today, but rather, to encourage you to continue to work within yourself, and look within rather than outside, for any reactions you have – and then think about the (negative) emotions – and ask for that to be taken away.

And to look at what it is you react to, and why you react to something. For if everybody did this upon this Earth – just imagine – if they did this – all together at the same time – there would be Peace. Because everybody would stop reacting.

It is the emotion that is within you, that is causing you problems, problems within your soul – and problems around you – for like attracts like. If you are upset, it somehow attracts another upset person. If you are angry, it attracts another angry person.

But this can change. If you can deal with your emotions, and ask that God within you to take that away from you; and then look at *why* you react. You can find some understanding within you – what it is and why you are reacting.

And if it is not taken away soon, easily, then you can ask God to give you some insight. Which means you need to sit for a little while, for say ten minutes or so in a meditation – in a meditative state – and ask why it is that you react.

Thoughts will come; ideas will come! Intuition will come (which is inner teaching). All these things are within you, to help you. You will receive images, sometimes. Or even a voice may speak to you. For that is good. Welcome that! Do not be afraid! For everything that is within you is of God, who is within you. Remember that.

There is no need to be afraid, ever! You have that strength within you, you have courage within you to deal with anything that is put in front of you, or behind you or beside you. It is an opportunity to grow.

It is an opportunity – perhaps – to share with another. Or to assist another. There will be a reason and a purpose for everything. There always is.

So I would like you to just think about that and work with it. It is important. **You have the ability to do this**, to heal yourselves. This is where everyone needs to start.

It is the New Frontier. That is one way of putting it. A new frontier for everyone. To look within you if there is a problem; not without. But why it is attracted to you (the problem) it is for a reason ... it is to help you to understand, it is to teach you ... you can learn from it ... you can understand, you can change things that react to you. You can ask for the God within you to change that.

It is possible; and it is very easy – it is the reality of who you are, it is the gift you have been given: this is what you are born with – a Soul – and the centre of a Soul is God. That is who you are ... so please do not forget this.

Look within you, my Children, the answers are there!

Ah, yes! The answers are there!

Thank you! Thank you for listening to me.

I, God, Bless you.

And everybody with God within – is blessed – and can give blessings in return.

Like attracts like, remember that.

Thank you my children, thank you.

I, God, Bless you. ”

3 May 2016

Valerie: It is Tuesday, May the 3rd, 2016. We are calling upon Cosmic Sai Baba, with love and respect, to make His presence among us. And we welcome him, with great love.

“I am here, and I am very pleased to be here. I always enjoy coming to talk.

And you have been sharing a lot of thoughts with each other this day and it gives you some of the things to think about that has been mentioned.

For this is a gathering of like-minded people, and like-minded people do actually trigger thoughts and understanding and the love of God in sharing with each other in a knowing and

a way of understanding of how the presence of The Source of All Creation can help to spread information among you.

I know the energies are a little scattered today. But that is alright – it sometimes happens – it depends on what is around you – or noises around you – or even other influences around you from outside you.

Around the town around you or out further into the energy – of the wind and of the Sun and energy that is coming into the Earth – your atmosphere. All this can affect you.

I would like you to think about that – and it does help if you can ask for some help from The Source, from God The Source of All – to take away any confusion or friction that maybe around and so that will make that easier for you to flow in the day of your life.

Each day that you face, that you can actually feel energies around you and if you are a bit uncomfortable – then you can ask for assistance to be free of that influence.

I have not come to lecture today – I am just really trying to share that there is times when it is easier for you to be able to think and act in a smooth way – all day – and every day.

At other times when there seems to be friction and things do not flow quite as well as they should.

That is the time when you can ask God, from the Creative Source of All to assist you and to help you to realise in fact and do what you are meant to do for that day.

And so, I have come just for a little while today, but I would like you to know that the Source of All Creation is the Source of God. It is of Love, it is a well of love – Universal Love – there is never any judgement. Always assistance – **all you have to do is ASK.**

And of course, assistance will be given to you.

Thank you my children, thank you.

I, God, Bless you. ”

7 June 2016

Valerie: It is Tuesday 7th June 2016, and with great love and great respect we are calling upon Cosmic Sai Baba to make His Presence among us. Thank you.

“It is a little different today – Cosmic Sai Baba is saying He wants another to make His presence – it is a surprise to me – I haven’t any idea who it is – ...

I have been asked to just start talking ...

As I have said, we normally receive a transmission from Cosmic Sai Baba but he is asking me to receive another; and this is the first time I have been asked to make a change. And I

don't know if it is for a long time – or just for today.

...

He is saying it is just for today ... so I am just sitting here wondering and feeling a presence then

(with a great swoop I am taken over – hold on to your hats the presence came through extremely loudly ...)

“I AM MIKAEL, THE ARCHANGEL MIKAEL AND I COME I COME, BECAUSE THE EARTH IS SUFFERING. AND THE PEOPLE UPON IT ARE NOT LOOKING AFTER IT.

THIS IS A PLEA, THAT IS COMING FROM THE ANGELIC REALMS AND IT IS COMING WITH FORCE,

BECAUSE. I. WANT. YOU...TO...HEAR. AND. LISTEN. AND. PROTECT.

YOUR. MOTHER. EARTH. THE. PLANET. YOU. CALL. EARTH.

THIS. IS. MY. MESSAGE. PLEASE. LISTEN. AND. DO. WHAT. YOU. CAN. TO. SUPPORT. HER.

TO. NOURISH. HER. AND. LOVE. HER. AND. CARE. FOR. HER.

THANK. YOU.

Addendum

NB: You may wish to read (and listen to) the Transmission received from Cosmic Sai Baba when we were in France on the [7th July, 2015](#) , almost a year ago.

Archangel Mikael urges us to support, nourish and love our Mother Earth. You may wish to participate in **Sacred Earth 2016**, on weekend of 12 June. It's a worldwide meditation, prayer, upholding the Earth. [Find out more here](#).

5 July 2016

Valerie: It is Tuesday 5th of July 2016, and with great love and great respect we are calling upon Cosmic Sai Baba to make His Presence among us. Thank you.

“I am here! And ... it is Cosmic Sai Baba speaking to you, and I am very pleased to be here. I know I am welcomed, and I like to come to meetings where I know I am welcomed.

It is a little difficult, if I think I am not welcomed, because the energy changes. It is energy that pulls away and causes mischief. And allows entities that *do* make mischief to come in ... to the meetings.

So I hope you will remember that when you are holding a meeting. And if everybody's consciousness is open, we would like to be heard with respect, and you are willing to hear us. Because I am speaking as a number (at the moment) and I am speaking as Cosmic Sai Baba. But I am also speaking from the World of Light, which has the Hierarchy, and the energies that work with me! And so I am speaking (here) ... and I WOULD LIKE TO COME TO MANY MEETINGS, not just in the name of Cosmic Sai Baba, but from the Hierarchy that exists in other worlds!

But this planet that is associated with that world. A world of creation!

And there has been some talk this morning about the Sun, and the Universal Sun, and you have an understanding about that. We have been giving messages to Valerie and we send often material that is of interest to her, and she passes it on.

And that is her role; this is what she likes to do. And so we encourage that. Having said that, there are many I would like to work with and if you are willing to do these things then ... please ... allow Me to assist you. All you have to do is ASK.

Call upon me, Cosmic Sai Baba, or by any other name that you feel ... that you know is a light being ... that comes from the World of Light which is Universal Love and Universal Divine Energy ... that energy is radiating upon your world! Your Universe!

There have been many talks and much has been given from our world to help you understand the changes that are taking place. Your Sun is showing that there seems to be no activity there – or it seems to be that there is no activity there (but there is, actually). The actual Sun of your solar system is linked with other Suns, and those Suns form a core, that go back to the Source of All Creation.

You have been talking about The Source of All Creation, and that it is coming from a very large black hole that exists in the centre of your Milky Way.

And I would like to confirm that, **YES**, this is the Source of the creation of your Universe.

So if you can think about that, meditate upon it, I will give you understanding from different points of view. In other words, some people will understand from one way, some people will understand from a different way! BUT, it is important that ALL people come to understand in some way – and so – we would be glad to help and assist.

We will do this; I am committing (to this) – it is a promise to you – that if you sit and call upon Me, I WILL COME.

Now, I have said this, I do not want to preach, far from it! I want to enlighten you. I would like to help you to gain knowledge ... and understanding – a bigger picture if you like. It is out there and it is within you.

So really, all I am doing is reminding you; because, as a personality in the body that you exist now on Earth – is a very small part of the soul of who you really are. And so there is much knowledge available to you from your higher self – if you like – or from your soul consciousness.

But remember, the soul that you have – that you are wearing – is really blessed, and it comes from God. It comes from the Source of All Creation and there is no limit whatsoever in information that you may require or ask for. So remember that. Remember that. Because I can assure you that this is the source of your learning. Very much so.

It is also the source of your imagination. Valerie said this morning that there is an “inside eye”, and there is. Some people say they do not have clairvoyance, but this is not so. They have dreams, and so they have “inside eyes”. They can be shown so many things, and in fact, subconsciously, they are clairvoyant. But they do not realise it and so they say they are not clairvoyantly seeing. But they do (see). They have taken it for granted. They do not realise what is happening; they have it all the time in the very life they are living in the body that they are.

So I have not come to – (what can I say) – judge anybody ... but I just want to lift you all, I want to encourage you, to share the knowledge that you already have, and to encourage others to lift their consciousness. And think twice before they discard something from their consciousness. Because the answers *are* within themselves ... if they allow it to come through.

It is subtle – because this is the infinite energy; it is very subtle – but it can be very powerful – it depends on how much you accept it. It is that simple.

You live in a world of free thought. Free thought! And that means that you make choices. And so, it is up to you, my children, it is up to you to decide on what you feel and what you know within your heart. It is real.

Thank you my children, thank you. I have enjoyed coming this morning. Thank you.

My love to you all.”

9 August 2016

Valerie: *Today is the 9th of August 2016, and we are gathered here in Moss Vale, in Australia. We call – with great love and great respect – upon Cosmic Sai Baba to make His Presence among us. Thank you.*

“I am here! And I am very pleased to be here. I have been waiting ... knowing that we could not meet at our normal time. And I have organised things – and called upon my assistants to help me – and organise a time so we may have this transmission, which is now.

So! Thank you! Thank you to those that are here, for being present, to hold the energy, and to welcome me to speak from this place that I come from. I have spoken many times (and told)

that I come from the World of Light. And you can see that in your mind if you like, and think about the world of light. It is a place that your soul comes from!

For that is the person who you really are. Or, the soul you could think of as someone that is guiding you, because you have agreed to a life – with a role – and with meeting certain people on this Earth and in this life and the personality that you are now.

Your soul has been many personalities, not only just this on this Earth planet. Your soul has been in many other dimensions and on other worlds as well.

Our focus – of course – is upon Planet Earth.

Where you live.

Where you experience.

Where you meet many other souls that have come from many different places within the universe and other universes. They come with a different history. They come because it is an opportunity to live in an Earth body and experience – experience much – upon this planet.

They come to experience emotions – that are very difficult at times. For when you think about the times of difficulty – once you move on – you find that you become stronger. You will gain from that experience, although it may be difficult.

Some people that have come as souls upon this Earth have never experienced pain; and this is something that might be considered. It is not a happy experience. But it is a way of understanding when – something is experienced – in your Earth body *and you feel it*. That is the secret; the *feeling* is the important thing! Because some – that have come from another place, another planet – do not have that. They do not feel. They have no idea about pain or suffering.

They can blissfully live in a world – they can experiment – and do many things – that are not really acceptable in the World of Light – from the Universe that you are in at this present time.

This is not a judgement, this is how it is.

And so, if you meet people and you see they are having troubles adjusting to this life upon this Earth, I would ask you to help them. Because you have been – most of you – here many times upon this Earth. And you have experienced many different emotions. And the emotions that you take when you leave your physical body, your Earth body and move to your spirit body. These emotions stay with you and they still need to be healed, at times.

For, shall we say, the bigger picture is for you to understand this experience and then you can grow! If I can put it in several ways – simple ways – of who you are. Your journey here on Earth is to help one another, and also to learn to love yourself. To love yourself. Because when you love yourself totally – without any judgement – you can very easily – from the energy that you walk in – you can help other people.

Others too, also help to free themselves from attachments that they hold, because of judgements that they make upon themselves and so they free all inhibiting energies and Be.

Just be.

Just be a Loving Being.

And loving yourselves, also.

So, I have not come to preach, today. I welcome the opportunity to come, as I have been telling everyone. To speak, and to know that I am welcomed. So I am leaving now, but not leaving. In other words – if you want to call upon me, please do! I have many assistants – but I am also omnipresent – so you can find me in your hearts.

So remember that, remember that. Yes, remember that.

God Bless you my children, God Bless you. Thank you.

I, God, Bless You.”

6 September 2016

Valerie: This day is the 6th of September, a Tuesday, and we are gathered in Moss Vale. With great love and great respect in our hearts we are calling upon Cosmic Sai Baba to make His Presence among us.

**“I am here! I have been here for quite a while and I enjoy listening to you speaking ...
... I have said this many times.**

I like the way the conversation flows ... for it gives insight and knowledge to each other and this is important. It is important for everybody to share the good knowledge – rather than negative knowledge – and this is what you have been doing. That is good because it changes the energy around you ... and if other people would think about that they would realise that the energy is changing when they speak about good things, nice things, happy things, joyful things! For you live on a planet that has sorrows at times and it does have Joy.

The sorrows, of course, are hard, at times – very difficult indeed – but, if you handle them with the love of God you will find that they will become a joy in that you will always be able to handle whatever is put before you. And when I say that, I mean – Life’s Journey.

Whatever happens to you has a reason and a purpose. The purpose is for you to understand – perhaps something that is perhaps missing in your character – and then if you really work with that – and think about what is missing, or why you react to something you know that you are not happy with your own reactions – you can change that. You can change the feelings.

This is important because you are living in a world of Feeling. Of Sentience. It is part of the life that you have in a human body. Everything has feeling. Every race has feeling. You spoke about race a little earlier and it was about the human race – but if you think about how

the indigenous people consider and think about a race – they see a race of every similar form, such (shall we say) an animal of some sort. Or an insect or a reptile, the ones that look similar in their minds are a race. The same with the flowers and the trees – and the stones, and the earth – it is all part of what energy is coming together and is what you are made from. So all those energies are actually in you as well. And as humans you are a Race.

You talked about Breathing – and the air has been made suitable for a Human to survive upon this planet. It is no co-incidence – there was great planning that went into creating this planet. This planet has been put together by ... those from the Higher Realms that have the ability to create.

But they have always used the substances that exist upon this planet. They have used it because it already existed somewhere else. So nobody has actually made these things – it comes from The Source of All Creation. It comes from God.

And so for anyone thinking they can experiment with things such as genetic engineering – they need to think about The Source. And then work with the Source – with permission from the Source – to be able to work with the new DNA and the changing – and the upgrading – or replacing or the things that Scientists want to do or try.

If they work from the Source with that respect – knowing that they didn't create it but rather it comes from the Source of All – then they will receive the CORRECT promptings to work with. So that the health upon this Earth of a human being – along with many other forms of life – can be healed, can be cured. It is possible that even malformations can be changed and replaced with other aspects of the human flesh or bone or whatever it is that needs to be changed –to make a happy, healthy body. All these things can happen. Disease would completely disappear. And I am sure everyone would like that. It is possible. It is possible.

The knowledge will come from other places – from technology that exists in other worlds – and it will be given readily to the Human Race if they can be trusted with it and not misuse it. Or consider that they own it – because they do not. It comes from the Source of All Creation which has created everything in the Universe.

So I have not come to preach, but I would like you to think about these things- and er, if you can – speak about it to others. Particularly to Scientists who may have the ability to change thinking for those who are experimenting. This is worrying us to some degree. Because it is already happening with experimentation – and as I have said **it is dangerous unless it is done with permission from The Source of All Creation.**

So I hope I am getting a message across here – to those that are here and those that read the transcript when it goes on your World Wide Web.

Thank you my children, thank you for listening to me this day. I love you dearly.

We all love you. All from the Universe, there are many, many here are listening to this particular meeting today. So thank you.

I, God, Bless You.”

4 October 2016

Valerie: *This day is the 4th of October. It is a Tuesday, and we are gathered in Moss Vale. With great love and great respect in our hearts we are calling upon Cosmic Sai Baba to make His Presence among us.*

“I am here! And I am very pleased to be here. Very pleased indeed.

The energy is quite high in this room today. If you have not realised this, then I would like you to focus on this. If you could just focus on your heart, and see that like a doorway and just see if you can feel the energy present in this room.

And for all those that are listening to this message, I would like them to do this also. Because I am sending the energy up – across the Earth. That seems to be a large thing to say BUT – as Sri Sathya Sai Baba – it is known that I am omnipresent ... and so the energy is there! And I want you to understand and experience that – that there is no separation. It (the Source energy) is in everybody **and it is in you.**

It is in everything around you; it is in the animals, the birds, the plant life, the insects. *It is in every thing.* It is the creative energy of the Source. And that is present in every thing. Even in a rock – or element – or energy of any form.

And that of course, means a physical being. But not necessarily a human being but a being that can come from other worlds, from other places. I have talked about this before and I would like you to think more about that. For the energy on this Earth – even the atmosphere – is raising the consciousness that is in every thing.

This might be a little hard to think about – although if you just consider that DNA in your body – holds the consciousness – and life is revealed from that – the same that happens in everything with atoms in everything as well as other measurements of science.

It all becomes – and is from – the Source of All Creation.

It is Infinite. And that is a word that is a little hard also – for the human – to think about clearly; but I would like you to know that really, it exists. Time and distance does not really exist because with consciousness you can reach out – without any interference or without any distance, without any time. I would like you to think about this ... although scientists will talk ... or astronomers will talk about distance and time and the speed of light. And I can assure you, that is limited. Anything that is limited is not the total understanding of Infinity.

And that of course – is as you would understand – is Eternity.

So you, my dear Children, are all that. You are Infinite and you are Eternal. So do not think that just being in a human body is all that you are. Because it is not who you are.

You are Eternal.

You may change your form.

You may change your likeness.

You may even adjust in consciousness.

But you are Eternal.

So please remember that. Remember that. **Remember that.**

It has given me joy to come to this meeting today because you are all – very closely – like minded. And from the World of Light we are hoping that many of the human beings upon this Earth will come to understand exactly what like-minded means. There are many ways of explaining it. It is really, simply, one of LOVE.

And so you are all God-Beings. If you would like to think about that also! And not be carried away with the idea that you are the only ones or you are the better ones. *It is not like that at all.* The energy of love is embracing, it is abundant, and it is all powerful. And so again, be careful about who you really are – and do not misuse that power that you have within.

Take care.

Thank you My Children, thank you.

I, God, Bless You.”

1 November 2016

Valerie: We sang 9 Oms to settle the energy in the room. Works beautifully.

It is the First of November, 2016. And we are gathered here with love and respect for Cosmic Sai Baba. And we are asking Him to make his Presence here, among us.

“I am here! And I am very pleased to be here. I have said it before that I have been here for quite some time and I have been listening to the conversation.

And I am pleased to hear the inter-action that has taken place – and for those who are reading this transmission that will go onto the website – I would encourage that they have meetings similar to what you are having here. And call upon God or The Source of Creation of All – that is all you have to link with and call from the Highest Order – you can call upon me if you like or any other from the Angelic Realms. A Light Being that you trust and have worked with.

These are the things that can help, because we are all here to help the little Earthling to evolve upon this planet you call Earth.

I say this planet here, because I am here, visiting this planet right now. I can come again just as many others that come from Extra-terrestrial Sources. Understand that everything upon your Earth is simply called ‘terrestrial.’

And so anything that is not of your Earth – or not sitting on your Earth it is ‘Extra-terrestrial.’ It is that simple. It is not something to shy away from or to worry about. There are many, many different races, as I have said before, that exist in other worlds and other planets.

This you will come to understand and realise as science progresses and searches the galaxies and they will find ... that there is much more out there than they realise at first. They have the technology to search. And that will increase – more and more will come. More and more is already coming from say 5 or 10 years ago.

So please do not worry about Extra-terrestrials – they are not going to come and take over this planet. There are some that would like to – but that has gone now. That is a time ... **THAT WAS A TIME THAT WAS – BUT IT IS NO LONGER.** They will not be allowed to come and take over.

It is against the Universal Law and that will be upheld.

So I would like you to think about that. There is not going to be a galactic war or a war upon your planet to take over or to stop taking over ... not at all. But there exist those who are enlightened and much wiser and experienced because they have already been through all these things that the planet Earth is going through – and they know nothing can be solved by war, nothing can be solved by the misuse of power – nothing can be solved by the use of much money, far from it.

But money exists ... as payment of sales ... of what exists on your planet and so treat it as an energy – do not misuse it – share it – and allow it to flow, in the same way that you are encouraged to allow your thoughts to flow. And to focus on things that are positive because there are many things that are negative upon your Earth. But you only give energy to anything that is negative, if you focus upon it. So just disallow it in your thoughts.

And share your love – your universal love that is in your hearts, because you are God Beings. It has already been talked about this morning – you are Universal Beings, you come from the Creative Source of All.

You are God Beings, you have the ability to be able to become totally unlimited in the way that you think and do things. But always with a good outcome. Does that make some sense?

I would like you to think about that – and encourage others to think about that. You have religions that teach it. And this is what religions were meant for. Some of the teachings have been lost unfortunately – and so you need to go within your hearts – within your Soul – which is at the Seat of your Heart and listen to the ‘Voice Within’ because that is where your answers are.

That is where you will always know the right choices to make.

Thank you My Children.

And God Bless You, God Bless You, God Bless You.”

13 December 2016

Valerie: *We are calling upon Cosmic Sai Baba – it is Tuesday 13 December 2016, and we call with love and respect to make His presence.*

“It is I, Cosmic Sai Baba and I am very pleased to be here – I have been here for some time and I want to make it known that I am very pleased that you have connected to me in the Source of all Creation – because that is where you belong and that is where you have come from.

So if you are thinking or feeling a need to return HOME – that is where it is.

But you do not have to leave your physical earth body – that is part of your journey here upon this planet Earth. This Planet Earth is like a school, but, it is more than that actually. It is helping people to understand each other, no matter where they come from and who they are.

And the images may not be the same – certainly there is some difference on your Earth planet with the Earthlings - with the Humans - that have faces that are sometimes dark and sometimes light and that gives the impression that you are different.

But you are not.

You are in a Human Body that is exactly the same – you are a RACE!

You are all operating the same way in the Earth Body. But there are many RACES IN OTHER WORLDS – and I have spoken about this before; and the images are not necessarily the same.

And so this is what I am saying to you – that it is important that you accept and to realise that there is really no difference from any of those images – any of the physicalities of DIFFERENT RACES that exist in other worlds ... because they all come from the Source of All Creation.

Which you have come to call GOD – IT is a FORCE and God Beings are able to create from that SOURCE. And that is who you are. That is why you are here.

As I have said (this planet) it is like a school but it is really a Happy Family – it is coming to know who you are – where you have come from – from other Worlds – and who you are now in an Earth Body.

You are all very different and I have said this before – there are no two people exactly the same upon your planet. There are many similarities perhaps, with some – and more than some. But

There is a Unity taking place upon this Earth that is filtering through – out of your atmosphere and into other Worlds as well. So it is more than just a school – it actually is helping for a growth – a unity to take place and an understanding of each other.

There are complications in some ways of thinking of The Source as God and that in a certain way – it is different from another way. But I can assure you it is not. It is all the same. The Source of All Creation is GOD.

And GOD is ONE – there is no separation

Only what I have spoken about in different physicalities and that is not always in a type of human or a star-person personality. You are warm blooded. You have emotions. There are others that have wisdom and they use their lives, their thinking, their consciousness to help others. And so I would like to remind you that there are many who are wiser because they do know and readily understand that there is really no difference in anything.

Any form of life at all – has a consciousness – and it should be respected. I could say “revere it” but perhaps that is a word that has been misused over time – so RESPECT is the thing and CARING and the CARING comes with LOVE which is the Source of All Creation.

THERE IS NO DIVISION – Please understand that. Think about it. And never, ever raise a thought of raising a weapon to sort out a problem. That does not resolve anything at all.

It is the energy of LOVE and what I speak of as LOVE – is not just the sexual love that exists on this Planet Earth.

It is LOVE without harming anyone.

It is LOVE that unifies All and respects All.

It is LOVE that exists in families that are brought together to experience that warmth – that caring – that nourishing energy that exists from The Source of ALL.

I will leave now My Dears, and I thank you for inviting me here. For I cherish the times that I do visit. Thank you again for asking me,

I God, Bless you. I love you all. God Bless.”