



The Lost Books of the Essene

A Series of Twelve Energy Transmissions



Message Nine:

“Discerned Awakened Being-ness”

Delivered at Lake Atitlan, Solola, Guatemala

June 27, 2009

The Essene Brethren Speak:

Yes, hello. It is with great and reverent joy that we come forward today to welcome you. Indeed, to welcome you to this great and glorious Divine Reunification of an energetic stream of consciousness that has been coming toward your world through many, many, what you would call "galaxies" for many, many, what you would call "eons" ...In the eons of light-based existence, in the eons of light-***extraordinary journey.***

We choose these words, ***extraordinary journey***, as a great and precious understanding, as a great and precious recognition, that through the streaming light, through the streaming cavalades, and this is a word that we choose very intentionally, this extraordinary journey is one that is, indeed, recognizing the many steps as one step today.

The Gift of Divine Dispensation

We welcome thee. We welcome all of thee to be present; to be understood as you understand; to be in a one-hearted recognition that all is Divinely guided.

We open with this today simply to say breathe, Beloved Ones. Breathe. In your world, the gift of breath is a great gift; is it not? It is a great gift of Divine Presence, and it is a gift of Divine dispensation.

To gaze at a leaf, to gaze at a tree, to gaze at a flower, to gaze at a grass, to gaze at the dirt, to gaze at the water, to gaze at all of the elements of your world now, of the earth world now, is to gaze into the eyes of your own Divine Being-ness. This is, indeed, an expression of your heart in many ways.



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Introducing Discerned Awakened Being-ness

To express the heart as part of this journey, (*of life experience*), is to recognize the great EsSeeNah presence of the Discerned Awakened Being-ness ... Discerned Awakened Being-ness ... Discerned Awakened Being-ness.

To be in a Discerned Awakened Being-ness is to recognize that, indeed...YOU ARE HERE!

All that we have shared with you until now, all that we have offered to you up to now is ready to be, as they say, tied into a package, a present, and delivered at the doorstep of those who you are able to recognize through this Discerned Awakened Being-ness.

When we say you to Discerned Awakened Being-ness, indeed, this may trigger or bring forward a great understanding from a brain perspective. We invite you now to open the Merkabah of the face, the Merkabah of the head, (*see Message eight of the 12 Lessons of Oneness series*), one finger at the top of the forehead; one finger at the base of the throat.

These two fingers are the points of the energy that begins the swirling, (*of the Merkabah*), and then, indeed, there is the stabilization of these two pyramids at the eyes and at the mouth. ***And as you move this Merkabah of the face, you will be able to release great congested negative projections. For in your world now, discernment is clouded by negative projection.***

Understanding Divine Discernment

This is not a negative in the implication that there would be a positive. It is simply a revelation of Divine fact, words that we offer you to come from a brain that seeks understanding only.

What we seek to share is that negative projection energy streams into your planet and waits for an opportunity to find an energy stream that welcomes it in. It cannot come in without an invitation, and without discernment, it all is available to come in.

And so, as you cleanse your body, as you cleanse your spirit, as you walk with the Divine Spirit, then you have before you this great gift of Divine Discernment to cleanse you from these negative projected energies.

These are energies that are, indeed, part of Allness, yet are a transmuted energy through the gift of Discernment. This is one of the great three recognitions as part of



your journey. There are many recognitions that come as part of your journey, and these three, Discerned Awakened Being-ness, are why we are here today.

Egoic Stamina

Through this gift of discernment, the egoic filter will first offer to you the stamina of great tenacity. The egoic filter has great stamina. Often it has greater stamina than the physical body, which is why, when the egoic filter rises, the physical body may get tired.

Pay attention when you are in an interchange of ideas or interchange of energy or interchange of conversation. Do you feel energized, or do you feel depleted?

The egoic filter will always deplete because of the rich stamina it has, and the energy of beautiful discernment will always energize because it does not take. It offers balance energy. Discernment is balance.

Offer to yourself now what you would call a visualization.

Close your eyes, if you feel so called to do so, and as you close your eyes, as you allow yourself this gift, you call to mind an interchange that perhaps was not as comfortable as you would have wished it to be. Do not dwell on what you would call specifics of the interchange. Simply dwell on how your body felt afterward.

***Did you need to rest from the interchange?
Did you need to eat because of the interchange?
Did you need to go lay down because of the interchange?
Did you need to take a break because of the interchange?
Did you need to recuperate because of the interchange?***

Then, indeed, the egoic filter was rearing the stamina of the ego, thereby finding its energetic pull from it, thereby literally depleting your energy.

This is not a judgment. It is the recognition of the great gift of discernment, because the great gift of discernment in the EsSeeNah practices is what will illuminate all of the other practices we have offered to you.

As we mentioned, today is your present wrapped in beautiful paper and ribbon placed at your feet. If you wish to take advantage of this present, then open up your discernment and empower the stamina of discernment to energize, reenergize, sustain, revitalize, rejuvenate and continue the energetic stream around you with positive harmonic balance. This is discernment. Do you understand now? Yes.



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And as you breathe again, take in a deep and beautiful breath. We move to the second energy of the journey that we mentioned. Remember we say "**Discerned Awakened Being-ness.**"

Anchoring, Understanding and Being Awakened

These three, each on their own, are one...Discerned, Awakened, Being-ness. It is as if it is a trinity that creates a rising energy, Discerned Awakened Being-ness. If you were to close your eyes now, even as we offer you this phrase, Discerned Awakened Being-ness, you would feel a radiant golden pyramid energy emanating from your head as part of that Merkabah that we invited you to spin...Discerned, Awakened, Being-ness. Feel this energy radiating around the Merkabah, around the pyramids, as you feel a central energy warm, energize, and come forward.

As you empower the stamina of discernment, you are then able to fully anchor, understand, and be awakened.

To be awakened does not mean to be awake, and it does not mean you are awakening. There is, indeed, a great difference.

...And we are not playing with words. We are offering you, and we do giggle here, discernment of the words.

Discerned Awakened Being-ness. To be in your awakened state is to have empowered the stamina of discernment in all ways with each interaction.

It is vital, indeed, it is a blessing that you are awakening and that you are awake. And yet, to be awakened is to have fully empowered the energy of extraordinarily beautiful, buoyant and fulfilling stamina from a place of balanced harmony, and this can only come through the discernment.

And your breath is a great, indeed, balancing energy; is it not? It offers you the presence of balance; The presence of balance. And as you offer to yourself the presence of balance, then you offer to yourself also the awakened anchoring.

To be awakened simply means you no longer need to focus on awakening. It means you are in the discerned place of claiming stamina and energy and the ability to keep walking on your journey. This is the Discerned Awakened Being-ness that is the journey of EsSeeNah; to carry this presence with great humility. To carry this presence with the smile of understanding, without the need to contradict, without the energetic flow of negative direction, because you are in the discerned positive re-amplification of energy.



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Energy Re-amplification

In this defined re-amplification of energy, you are, indeed, a beautiful Being of Light! All actions that you take when you first awake, and all actions that you take as you are awakening, are important vital actions that will bring you to the time of the awakened. And yet to be awakened, you must have embodied, brought forward, breathe and be discernment; the discerning energy, the stamina that comes with discernment.

Discerned awakened energy, before we go to the Being-ness, is often misunderstood on your planet. Discerned awakened energy simply says, *"I am clear on the actions that invigorate our energy ... that invigorate our energy."*

And an action that invigorates energy invigorates with buoyancy, with the recognition that this is an action of benefit that will offer another the gift, the present. Remember? This is the day of presents, the gift, the present of finding their own Discerned Awakened Being-ness.

***This does not mean you say yes because you want to say yes.
It means you say, I love you enough to share discerned awakened energy; I love you enough to be clear; I love you enough to recognize that all healing, all whole-ing, all interaction begins through one who is able to stand in discerned presence while others may jump up and down.***

And through this gift you move forward, as EsSeeNah have moved forward for many eons, often silently and unrecognized, and yet the practices of the EsSeeNah lie deep within your cellular memory.

The Awakened Energy of Being-ness

You are listening to this, you are reading this, you are seeing this because deep within your cellular memory, if you were to close your eyes, you would feel the energy of Divine discernment lifting you. You would feel the awakened presence carrying you and a beautiful revitalization, stabilization and harmonic balance entering forward again.

You will gladly see that the joyous buoyancy is here. For, indeed Beloved, it brings us to Being-ness. What could be anything other than discerned awakened? It is a being-ness, ***the*** being-ness. This is not a definition for us to offer you. It is not something for you to Google or to go into the dictionary.

Being-ness is. And Discerned Awakened Energy is Being-ness.

Being-ness IS as Discerned Awakened Energy IS Being-ness.



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It is a closed loop, meaning that it is a cycle. It is a great cycle, and this cycle is also the cycle of the age that you are in now.

Many of you call forward an Aquarian experience and have wrapped, so to speak, great energies around words that have been offered to you, around definitions that have been offered to you. These are all great gifts.

Now, allow yourself to expand.

Feel your heart expanding out as if it is wings. Feel your arms reaching out to your sides. Yes, reach your arms out to your sides. Reach them out far and wide. Feel your chest open and stretch. Stretch your fingers out wide and stretch, and stretch wide. Let the head go back as the wings of the heart open, and what you will discover is you are ready to transcend the limited perspective of what these words, what this age is meant to be and discover within yourself, Beloved Ones, the universal Divine stream of constant connection that has brought you to this Discerned Awakened moment...now.



Breathe in deeply and recognize that you do not need to be a phoenix when you have already arisen, when you are already stabilized, when YOU ARE EsSeeNah.

And as you breathe EsSeeNah, and as you walk with the present of all that has already been offered and bring all that has already been offered into Discerned Awakened Being-ness, you will find that you are flying, and that your feet go lightly, and that your mastery is here! You will breathe EsSeeNah as you are EsSeeNah, and you will understand EsSeeNah, and the words are no longer necessary.

We seek not to take questions.

We seek not to offer more, only to share Discerned Awakened Being.

And so it is, Beloved Ones. And so you are.



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