



Message Seven of Twelve

Just Keep Going!

Through Wisdom Teacher Sri Ram Kaa & Master Lady Kira Raa

Delivered at TOSA Ranch, Tijeras, NM, USA

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The Benevolent Ones speak through Master Lady Kira Raa:

WE...welcome...YOU! In many worlds, many call out to us. Many call to us, by many names. YOU... indeed...KNOW...US...all-ready. We have been working with this vessel¹, [Master Lady Kira Raa], for many months now to speak this clearly to you.

Do you not know us because we are not in a Cheshire mode²? You know us as the Suph'alla, the Benevolent Ones. It has been a glorious journey of many months to be able to accept a flow of divine fragrance that is as soft as this flow is.

The Portal of Divine Love and Light

IT...IS...we who have come here at this time. We offer you in this moment, the re-cognition and the KNOWING that you simply MUST KEEP GOINT. Please understand beloved ones, you simply must keep going.

Before you there is a portal of great light. A portal of great brightness. Around you there are many energies that invite you to stop. To say enough, to say no more. To say how could I, how could anyone?

IT...IS...important to KNOW that this portal before you is the divine stream of divine love. IT...IS...the consciousness of divine love. And, IT...IS...this simple beloveds...you just keep going.

¹ Reference to Master Lady Kira Raa

² The Benevolent Ones have previously come through Master lady Kira Raa with a very broad smile and difficult speaking skills.

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*How many times have you stopped?
How many times have you found a wall when no wall exists?
How many times have you come forward into the wall and allowed it to stop
that which cannot be stopped?*

YOU...ARE...the infinite expansion of divine love! As the infinite expansion of divine love, you just...keep...going. One foot in front of another. One Heart radiating toward the center of the Godhead. One Love expanding out in all ways.

The Blue Starborn

Beloveds, we are so joyous to speak with YOU...this way...now. We offer you ever more clarity and love to assist your journey to continue...to keep going.

Many of YOU...ARE...what you know now as the Blue Starborn³. This literally means YOU...ARE...ETERNAL LIGHT expressing brilliantly! So boldly. We offer to you the example of a glacier. A glacier is a beautiful gift of Light, a crystalline mountain of Light, so brilliant, so bright, so pure! Within its natural environment a glacier radiates as blue as it is so pure, it would not be seen without this hue.

In the re-cognition that you just keep moving, call before you now, and experience the vision of, your own portal of divine light, at ALL times. For many, many, many what you call years...now...the realm of the Archangelic BE-ings has so lovingly offered multiple messages of reassurance, hope, re-cognition, clarity, homecoming, and knowing. ALL...so that YOU may keep going.

When YOU...fully embody and walk, in the state of complete bliss-full re-cognition, with your eyes on the divine at ALL times, you re-member that there is no separation between the divine and YOU.

You are the divine!

³ The Blue Starborn were first introduced and extensively written about in Sri & Kira's Book, 2012 Atlantean Revelations.

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The divine within is the divine of All-ness. As you come forward into this beautiful portal of light that has opened before you in full glorious majesty, just keep going.

Just Keep Going

Let us share that again. Just keep going. When it feels difficult, when the world around you seems out of control, and the events scare you. When what many call horrific comes before your radar, just keep going further into the Light. Further into the Love, further into the recognition that just as the bodhisattva sat under a tree, neither the angel or the devil, could deter the energy. He just kept going.

Beloved ones! What is it that calls to you that would make you think you could not keep going? In this realm, you have many experiences that call to you. Each experience is a magnificent gift. Each one offers you the opportunity to just keep going.

*It is important to re-cognize that YOU...ARE...an abundant vehicle of divine light.
Your precious presence is the gift of divine reunion.
YOU...ARE...the gift! YOU...ARE...the presence.
YOU...ARE...the beloved in action in ALL-ways and at ALL times.*

In all-ways at ALL times, light begets light, begets light, begets light, begets light.
How do you think you got here to begin with?

Walking in Bliss

As YOU move forward, and allow your divine portal to open, if a doubt of the divinity of your own blessed BE-ingness arises, simply keep going further and further into the light. When events call out you, when your mind calls out you, just keep going.

As you invite and allow this momentum of divine light to carry you further and further into the grace of ALL that has ever been, you become unstoppable. IT...IS...your presence, among all of those around you, no matter what they chatter into your ear, YOU...ARE...bliss, are you not? You are peace, are you not? You are joy, are you not?

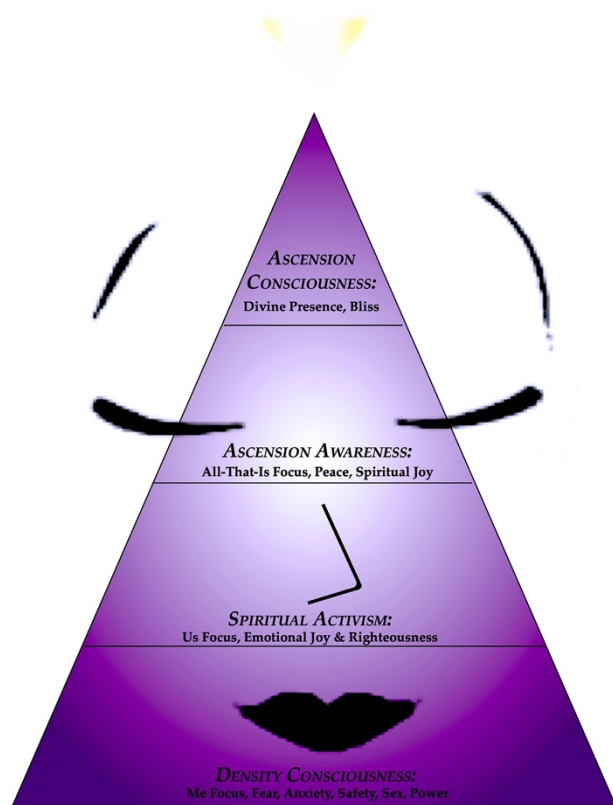


When you walk as peace, when you walk as joy, when you walk as the divine in ALL ways, how could you ever be affected by what you call an emotional body? When you walk in bliss in all ways, neither affected by tragedy, nor affected by ecstasy, then you just keep going.

This is how you keep your eyes on the divine at ALL times! It begins with the re-cognition that YOU...ARE...the divine at ALL times. What a gift to have a body! What a gift to have eyes! What a gift to have hair, nails and skin! What a gift.

The Pyramid of Spiritual Awakening

Beloved ones, many are familiar with the Archangelic Realm, which has offered, indeed, many ways that you move through consciousness in the navigation of your own presence of the divine.



Pyramid of Spiritual Awakening

Consider the pyramid of spiritual awakening⁴. Begin with Density Consciousness, consider your mouth to be Density Consciousness. What comes out of it? How are you using it? What goes into it and how are you using it? Many stuff many things into their mouths creating an opportunity to become ever more aligned in Density Consciousness. Many do this to find peace in the body, to realign in the body. This is, indeed, a great and grand opportunity that exists exclusively in this realm, in this way, that you ALL experience it.

As your mouth is the base of Density Consciousness, consider what you wish to feed it, or whether you wish to Lighten it. What do you ingest? What do you say? IT...IS...a 2-way street indeed, is it not? The mouth inhales as it exhales. May ALL breath, ALL inhalation and exhalation go forward into the light of divine re-cognition.

⁴ Referring to the Pyramid of Spiritual Awakening first released in Sri & Kira's book 2012: *You Have A Choice*, and as inserted above.



We move up to your nose. Your nose, indeed, offers you a dual opportunity, does it not? It has a left and a right. Whereas the mouth is very demanding, is it not? Yes, very demanding...Density Consciousness. Choice begins at the nose.

You have a choice here: there is the left and the right. IT...IS...your choice that breathes you into Spiritual Activism. This is because you are able to breathe in choice. You are lifting from the density consciousness. You are re-cognizing balance.

Within YOU, stirs the opportunity to expand further. As you exist in the nose, sometimes the smell is lovely, and sometimes not. Once again, you have choice. How do you choose to receive the Breath of Life? How fully do you bring it in? Are you able to integrate the nose with the mouth in union, in balance?

For example, when you ingest a great chemical, it will offer an odor to the nose, will it not? If you drink water filled with chemicals, you know it, do you not? You taste it in the mouth, and you smell it in the nose.

You are activating a choice of consciousness. When you can pay attention to the divine union that exists within the mouth and the nose, as a window and portal of divine conscious connection, it will then lift you into what you call the third eye.

As you bring your attention to the area of the third eye, and are able to receive and breathe here, this is where Ascension Awareness begins. You are no longer attached to what goes in and out of your mouth. You are in union with the nose and the mouth. They are not in conflict with each other.

You are able to re-cognize that in all activism exists polarity. Activism pits one judgment against another. IT...IS...a beauty-full step. It lifts you from Density Consciousness. Yet, it will bind you in polarity if you do not allow yourself to find the beauty-full portal of divine light where you just keep going.



When you bring your consciousness to the third eye and make your decisions from here; when you see the world from here, that is Ascension Awareness. YOU...ARE...no longer governed by what the mouth demands or the nose expects.

YOU...become the divine! Your actions are in divine alignment. When you are able to fully BE the presence. To BE present in ALL ways. To KNOW your divine gifts. IT...IS...there that you move into star consciousness. The exploded crown of the Divine Galactic Blueprint opens and spins and Ascension Consciousness is YOU. IT...IS...not something you must find. IT...IS...simply something you reclaim. IT...IS...so simple beloveds, if you just keep going.

The Breath of Life

Who is dancing in your mouth today? What are you breathing today: the Breath of Life, or the breath of sustaining life? There is a great difference.

Can each breath be the Breath of Life? Feel the fluid flow. Visualize the breath as crystalline. Feel the energy of divine love coming into every cell. From here, YOU...ARE...the divine portal of ALL that is. YOU are not affected by the bills. YOU are not affected by the shake-up, as they say, in the world. If a disruptive letter comes, you smile and you just keep going.

How quickly your life in this form, transitions into another form. In that moment, where was your focus? What are you focused on?

Focus your BEingness on the divine at ALL times. BE the divine at ALL times. Let your mouth rest. Let your nose breathe with the choice of the Breath of Life. Lift into Ascension Awareness so that you may indeed effort-lessly and joyously dance with this beloved planet now.

Avoid dancing on it. It has enough. Dance with it. Love it.

Recognizing Your Power

Today, touch a tree with gratitude! Wake up with the smile of re-cognition that YOU...ARE...HERE. Appreciate the subtle alignments and the glorious serendipities of those who are BE-ing brought to you now.



Honor all exchanges, even those that you may with the mouth want to condemn. When the mouth seeks to condemn, just keep going. If the mouth sends forth an energy into the world that is not of the divine, then allow yourself to enter into the consciousness that retracts that energy.

This is important, for beloved ones, your power is beyond your comprehension. It would not serve you, nor would it serve us, to offer you any other form of information of how powerful YOU...ARE...because the brain would blow up. *(much laughter)* Perhaps that is not a bad thing.

Yes! As the brain allows itself to relax, allow your-self to re-cognize: in the power that has been fully expanded, at this time, on this world, right now; every-thing that you focus upon will find effort-less manifestation. Every...thing!

So! What are you declaring? What are you saying? What are you breathing? What are you calling in? ALL of it, every-thing, is available now in great, great, great response.

How beauty-ful to know that in the recognition of this, when something escapes the lips, or escapes the mouth or the nose, that does not serve the highest, you have the divine opportunity to just as quickly reclaim and transmute it.

REMEMBER! You have not erred! YOU have gifted your-self the opportunity to continue to expand with greater Awareness, experience and conscious Choice.

We adore you. We have come from multiple dimensions to be here. It has taken this vessel almost two years to be able to receive us for this length of time. To be able to speak to you this way. We smile largely, in case you were not sure. *(Big smiles from the Benevolent Ones).*

Just keep going. We Love You! So IT...IS.