

DISENTANGLEMENT: A GIFT FROM THE EXPLORER RACE MENTORS

DISENTANGLE FROM YOUR DISCOMFORTS AND PAINS: BECOME YOUR TRUE SELF

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There is a point where a creation of the moment starts to uncreate itself; though things may or may not actually dissolve, creation starts to move on. Creation can be something as simple as seeing your friend on the street unexpectedly and saying, “Oh, it’s so good to see you!” You give your friend a hug or shake hands or give a pat on the shoulder and go on; that moment is a creation, and when you go on, it dissipates—it goes away. So let’s use that as an example of the form of disentanglement we’re going to do. You can understand that more easily because it is clearly a moment.

Now, you all have moments throughout your life where you connect with things, people. Let’s say you have a friend you have known for years, but you had a misunderstanding. You see him on the street and you are happy to see him. You give him a pat on the back and shake hands and so on, yet you are uncomfortable and so is he. But you’re both rushing somewhere and you say, “I’ll call you!” And off you go. But you have an uncomfortable feeling. This tells you, aside from having to talk things over with your friend, that it would be of value to disentangle from that past situation.

So disentanglement—I’m not going to give all the instructions, but I want to give people homework. For those who meditate or lie down, simply do your basic relaxation/meditation. Try not to think of too many words. After you’re relaxed, request that gold lightbeings come and remove the discomforting cords that connect you to all your past discomforts in this life, period. Say no more than that; that’s a good beginning. If you’ve had some incident that’s upsetting you—some person, maybe a circumstance, maybe a problem at work, you can be specific. But you need to be *generally* specific: You’ll ask that the gold lightbeings come; you’ll say that opening statement, but instead of saying, “Disentangle me from all discomforts of the past,” you will say, “Please disentangle me from that argument I had at work today.” You don’t say, “. . . that I feel so bad about.” You’re very specific, but at the same time you don’t give a lot of details. They’ll know, but you need to say it when you’re beginning to do this work.

Don’t write it; you say it out loud. You can take notes if you want to, before and after, about your impressions; but during it, you just lie there. And you need to make an effort to not think. For those of you who can already do that, just go ahead. For others, I’m going to give you a trick you can use: Squeeze your eyes real tight (it would be best for this to be a darkened room even if it’s daylight), but not so tight that it’s uncomfortable. Then release them, and you will be able to see light patterns if you stare at your eyelids. Keep your eyes closed, though, during the process and look at those light patterns. Or if you can imagine standing in front of a white wall, look at that. In short, do things that are inclined to cause

you to think less. If you catch yourself thinking, don't worry about it; go back to looking at your eyelids [chuckles]—closed, of course—or the white wall as best you can. That's the beginning of disentanglement. It is going to evolve, but that's how you begin.

For those who want a second stage of homework, I'll give you that now as well. After you've done this for a few weeks, and when you're not doing the disentanglement exercise, write down a list of all the people you're in any way uncomfortable with. You don't have to write it down in any order, but write it down—everything you can think of, including all the incidents or circumstances you can remember that make you feel uncomfortable when you think about them. When I say “uncomfortable,” I don't mean sick to your stomach; I mean even annoyed. Something happened and there was a misunderstanding or there were times when you felt someone might have judged you—anything, all right? [Chuckles.] And you don't have to write it down in detail; write down just enough that you know what it's about. It will take a few weeks, because you'll add things off and on.

Then you can do the second stage of the homework. It would be best to say this before you lie down to do your relaxation. Say, “I request that gold lightbeings disentangle me from . . .” You can say either “. . . all these things I've written down,” but you have to glance at the pages (don't read it; just glance at it) or you can pick out two or three—no more than that—and say, “. . . disentangle me from” for instance, “that event,” and use a key word “that happened in 1987.” Something like that. Be to the point so that you know what it's about, but don't dwell on it. Lie down and relax, and it will take as long as it takes. You cannot time it, and say, “Well, it'll take a half hour.”

The best time to do this is actually before you go to sleep at night, but you need to lie on your back with your arms at your sides and your palms touching the mattress or the couch or the ground, if you happen to be on that. That's what I recommend.

Some of you will fall asleep during this, so it will be accomplished to some degree, or not. I really feel that the first stage is the most important, because the gold lightbeings will find what you need to be disentangled from. They will also tend to take things out of your body that are discomforts. So you could say it's a healing practice. But the reason I want you to consider using it for specific things is that there's a follow-up observation you could make. It's not something you need to keep notes on, but you can if you like. At some point you're going to work all the way through your list. Saying two or three things a night, “Disentangle me from . . .” naming names or events, at some point you'll work through your whole list. Then you can say, “Disentangle me from all my discomforts,” going back to the first original statement.

You will notice either that you feel different physically or attitudinally; you're not thinking about things the same way you did. It can change your whole life. Because Earth is a school, most people here are affected by everything they have created or that they have participated in with somebody else, which then becomes somewhat your creation as well, at least your part of it. Because of that school effect, your personality is driven by the events that have happened to you in your life—including the good things, of course. You're not going to ask to be disentangled from benevolent things or good memories; you don't do that.

So most likely you will notice attitudinal changes. You will also notice that many things might change. I don't want to say too much. You can keep notes on that if you like. Now, how long might you expect it to take and what might you expect to feel? Some of you might feel a sense of electricity in your body; it might be difficult to remain perfectly still, which is helpful for the beings who are working on you. (This is at all stages I gave you, not just the second stage we're talking about.) If you feel that electricity or if your body suddenly—I'm doing this as an example . . .

It looks like an electrical tremor.

Yes, if your body suddenly jerks like that, do not worry about it. Because some of the beings will be working in the electrical realm, those who are working in the magnetic realm will have a different effect on you, but you might feel as if you have to move. But don't be afraid; it's just that your muscles are being stimulated with electricity, and basic science tells you that

if you do that to a muscle, it contracts. So you might feel tense; don't worry about that. It will go away.

Ask to be given a sign that you're done for that session. You can do it any time of the day, but the best time to do it is before you go to sleep at night. That's not best for everybody because of other things you might be doing, to say nothing of the fact that you might be exhausted and fall asleep or turn over on your side or your stomach. They can do a little bit when you're asleep, but they can't really do a lot. So you can lie down in the afternoon or in the early evening, before you would go to sleep (most people sleep at night, but not everybody), or if you sleep during the day, then try to darken the room and proceed. Try to make sure that phones are not going to disturb you because that will break the flow. I'm not going to go over everything like this because most of you are doing some of these things as it is. If there are questions later, I will respond to them.

Now, when you ask for a sign, ask for something benevolent; don't ask for the phone to ring [chuckles]. It might happen. Better to say, "I would like to have a feeling when it's over." It is most likely going to take anywhere from twenty minutes to an hour and a half. If you've managed to stay conscious for the first half hour to forty-five minutes or so and then you fall asleep, that's all right.

Now, there is another matter. Some of you are more electrical than other people in your basic makeup. There are many gold lightbeings who are magnetic in nature as well. You will feel something that is your opposite; you will feel that. You will start to feel more relaxed; that is all right as well. I'm mentioning this because some of you, by your nature, are more electrical.

What are you saying that we can clear? You use the word "discomforts."

Everything. I am saying you can clear almost everything. Obviously, if you've been in an accident and you're missing a finger or something, you're not going to grow a new one. Or if a loved one was killed in an accident, he or she is not going to reappear in your life. The whole point is to disentangle you from the pain in your past that is driving you to display certain traits in your personality that are not your actual personality. When your personality is not being driven by past pains and miseries, most of you become much different. You'll tend to be very calm; your sense of humor will be much more up, as it were; you might even notice that you're more polite [chuckles]. It is not a politeness driven by conditioning or culture, but a greater consciousness of the needs of human beings in general. You just become more gentle with people.

More respectful, more aware, more . . .

Yes, but it is not your job to know what everyone is feeling. Rather, it is your job to allow them to feel that way and offer help if asked, if you choose to and if you have something that will benefit that person.

When the disentanglement process has gone a long way, when you've gone through your list, over the weeks and months you will think of other things, and you'll write those down. Many times gold lightbeings will disentangle you from things you can't remember, things that happened when you were a baby, things that were so traumatic you can't remember anything about it. Everybody has those. They will do that, but of course, they would like to disentangle you first from things you perceive as priorities. You don't have to keep a book about how much better you feel after the first night or the first session of doing this. This is a long process.

Even though you might go through your whole list, the disentanglement process has to continue, because there are often things happening in your life that you need to disentangle yourself from that you haven't noticed. Maybe you hurt somebody's feelings without knowing it; maybe somebody hurt *your* feelings but you didn't notice it. This happens profoundly often in your society, because people (I'm speaking to people in the United States at the moment) are used to a certain level of pain. Adults and even young children get used to a level of pain, and it tends to make you somewhat cynical, to say nothing of wearing you out, mak-

ing you sick. Very often your body will get sick to tell you, “Hey, something’s wrong; let’s remove this pain, let’s do some disentanglement.” Your body knows how to do disentanglement; you don’t have to instruct it on how to do it. But you need the help of beings who can do the disentangling who will not be affected by it. That’s why we request gold lightbeings; they function very well on Earth, and the gold light contains the other colors of the spectrum.

So during the first few weeks, just do stage one of the homework. Then after you go through your list, start keeping notes if you want, if you see that there’s a difference in you. Notice that this might make you more sensitive, but that is a good thing. I want to give you something you can do so that other people’s discomforts or the discomforts in general around you—animals’ discomforts or Mother Earth’s discomforts and so on—do not always affect you. You can radiate (do the heat-in-the-chest exercise), (see page 164). You can also picture gold light inside you, make a tone, any tone, and let that gold light radiate outward. Always try to start it inside you and let it radiate; that way it will tend to push out the discomforts that are in there.

If you create a shell around you, it will simply trap the discomforts within you inside that shell, sustaining that level of pain. The whole point is, we want to let go of pain. We want to let go of the things that prompt people to be the way they are—submissive, bossy, angry (fill in whatever adjective you want to), fearful, enraged and in pain, aggressive, violent—and have them predominantly drive them. It’s profoundly true that without disentanglement, in most of your societies on Earth, adults are not really adults; they’re living out the pain of their childhood. They might learn to do things as big children, but they are still living out the unresolved pain. That’s why I do not expect you to remember to list everything. But once you do the first stage and make the list and do the second stage and go through that, the gold lightbeings will then understand what you are trying to do. And they will continue to do things.

When you get to the second stage, don’t eliminate the first stage’s statement; you’ll say you want to be disentangled from all your discomforts. We’re using “discomforts,” but you can say, “from all my pain” or other things, but be careful not to say “from all my anger.” Anger, actually, is useful sometimes. I’m not saying that self-destructive anger is useful, but that sometimes it is the energy, on a low-key level of anger, that causes you to be more assertive at a time when you need to be and so on.

It is better to say, “Disentangle me from all my discomforts.” When you say “discomforts,” that is something you know will pass. You have something uncomfortable, but you’ve had uncomfortable things before and they passed and you went on. Understand? So “discomforts” is an accessible word to people, a free word. It means that there’s motion in and out, whereas if you say, “Disentangle me from my pain,” you can say it only if you have something specific going on. Your mind might say, “Gee, I’ve had that pain for years and years.” In short, it may not seem like something you can go in and out from. We want to use a word that describes it sufficiently to the gold lightbeings but doesn’t sound crushing to you. So the choice of words is sometimes useful.

Now, at some point you’re going to feel that you’ve gone through your list and you can’t think of anything else to say, but by that time you will have come up with other words that work for you or you will have been inspired to come up with other words. Always ask for what you want; don’t ask for what you *don’t* want. At some point, then, you will simply be saying these words that work for you, to preset the condition that you want the gold lightbeings to do for you. You don’t have to be exclusive; if you sense that there are white or pink lightbeings or something like that around, you can welcome them. But you’ll need to say something like, “I will welcome gold lightbeings and other lightbeings” or “white lightbeings,” whatever, “who can work through the gold light or through gold lightbeings.” Say it just like that.

Some of you will know white lightbeings that you’ll want to participate. Don’t use names, if you can help it, because they will come with lots of other connotations. That’s what I’d recommend. Not only are there lots and lots of gold lightbeings you’ve never heard of or will

probably never hear of here (and white lightbeings, for that matter), but if you said a name you might normally feel good about, at deeper levels you might not feel that way. You can say what you want and see how it works, but it is my job to teach the way I feel is best. People might want to say “Jesus” or something that is a deity to them. But when you say that, you will think of that being the way you know that being to be *at that time* of your life, whereas by simply saying “gold lightbeings” or “white lightbeings,” that being, if it can help you, will be there. That’s sufficient. Words that *describe* the being will be limiting. Otherwise it will be able to come in its entirety, or in its pure state, without being limited by your preconception of what that being is.

Now, at some point you’re just going to be saying those words and having yourself disentangled. This process can easily take months. It is really an ongoing process that is something you do on a daily basis. It’s very helpful once it gets going for you and you can feel it. Your personality will change, but you will not become something that you don’t know. You will, in that sense, have demonstrated various characteristics of your own that you’re conscious of in your personality (or not), that either other people or you perceive. In short, you will be happy to notice that you are acting and being and feeling so much more like yourself.

Some people will react well to this; some of them might be people you don’t really know, and they might become new friends. Other people may not react so well to this, and you will have to decide whether you want to keep them as friends. As more of your pure personality comes forth (by “pure,” I do not mean something that is more spiritual than other people; I simply mean your actual personality, but not restricted by the pain of the past), you will have to decide whether you want to continue to see people who might criticize you for not being this painful personality they used to know. You can tell them as much or as little as you think they can hear about your process, tell them why it’s working for you and what you’re getting out of it. It’s up to you. I’m not trying to drag you away from people or break up relationships or friendships; it’s just something you need to know could happen. People who are with you might perceive you in ways that draw relationships more closely together; this is much more likely. But the unexpected is also possible, and you needed to know about that.

CONNECTION

After several months of doing this, you will most likely notice changes. I’m not telling you everything about it; I will say more about it, perhaps, at some point in the future, or Speaks of Many Truths or Zoosh or Isis will. Someone else might comment on it, and that’s fine, too. But I want to say a little bit today about the other aspect. It’s a little too soon to talk about connection, so I don’t want you to work on connection first. But I want to give you the outline of how connection works. After several months of doing disentanglement, after you work through your whole list . . . your whole list will probably be pages and pages and pages long, but don’t let that alarm you. It takes awhile, but it’s worth taking the time. Sometimes you might say two or three names, and the next night you say the same two or three names because you don’t feel finished. That could go on for a week; that’s all right, and it’s not unusual, especially with people in the past or even in the present (don’t eliminate the present) with whom you have a great deal of enmeshment (I think that’s the popular word of today—that is, uncomfortable). It could take a long time, but that’s all right, because it’s intended to be homework that you do for the rest of your life. It’s not temporary. It’s homework that you were intended to be able to do when you were born here. In ancient days, societies knew about this; they called it something else, but they knew about it. And some societies still know about it.

The basic connections homework, though, is this: You’ve gone through all of that and are just using the basic words to disentangle things that you don’t know about, but the gold lightbeings are working on it. You will already have asked for gold lightbeings and said your disentanglement words. Then you will say, *“I will also request that connections be made for me with beings or other energy sources that will improve the quality of my life.”* These connections will be made and the energies will connect to you; it won’t be for specific incidents but an ongoing thing. You don’t say it just once; every night (or whenever you do your

disentanglement work), you say your disentanglement words first, then you say your connection phrase, and then you lie down and the work is done.

That's as much as I want to say now, because I've really given you about six months' worth of homework.

The reason we don't do the connections work first or with the disentanglement right away is that it's too complicated for the gold lightbeings. Picture yourself inside a ball of yarn or something like that; there's a massive amount of cords going every which way. They want to clear you off first as much as they can. Then doing the connections is easier for them and better for you. That's why I've given it in that order. I gave you a little more than I intended to give right now, but it's the basic work, and I feel that it will be very helpful to a great many of you. With the disentanglement, you let go of all that stuff; but with the connections, we are helping to improve your life. You first become yourself, then we improve your life with what you want. You don't say, "I want connections to get a new car,"—not any of that stuff. The connections will be the energy that will support whatever you want in your life. And later on maybe other beings, or even myself, will give other things you can say for connections. But this is sufficient for now.

This is absolutely awesome! You say that some ancient tribes know this, but when was it decided to give this to everyone?

When human beings as you know them today started running around on the surface of planet Earth, they were much more open to spirit. They didn't know that they had to be certain ways. In short, they were people living more by the sacred. The sacred, in the early days, had to do with paying attention to how things are here and trying to get along with all life—in short, harmony. This is often identified in your time by beings who are shamans or mystical people who will almost always have a relationship with the activities they do with what is called here the natural world—meaning Earth, plants, animals, elements, rain, lightning.

Now, these people were given this homework, and you can relate to some of these people. I can't say that all Native American tribes still have this wisdom, but some do. Some have been given the wisdom more than once, when the tribes were decimated. The same goes for native peoples who can trace their roots back in Australia, New Zealand and other places—obviously Canada and Africa and all these places, even peoples in Scotland in the early days, going way back. But you see, in the early days people didn't really populate cold areas very much because they couldn't live there. Granted, the climate was different and the planet was more temperate. Ice ages, as you know them scientifically, came later. You could live in northern Canada and it would be balmy year round. There is scientific evidence for this; it's been thoroughly researched and discussed in other books. I mention this to suggest that the native peoples were born in those lands not only because their souls chose to be, but because in the early days they were setting the pattern on Earth so that Earth would know how to respond to their needs. They were also setting their internal patterns for their cultures so that those born to those cultures all over the Earth would be inclined to be cooperative with those cultures and want to embrace its interaction with Earth and all beings upon it.

So that disentanglement and connections work was given to them, but in those early days when harmony was much more of a factor, this disentanglement and connections did not seem any more important than anything else. As a matter of fact, it seemed in some ways less important because of the harmonious condition of life.

Well, they didn't have all the cords in the ball of yarn like we have now.

That's right. It seemed to them like something that might be useful in certain situations. It would be something they'd be more inclined to not pass on. If they did remember to pass everything on to people, that would be something they didn't remember. Thus it was something that sort of fell away after a while. Some peoples managed to maintain it for longer, or it was given again in inspirations.

The early peoples had it, and some have managed to maintain it over the years, or else

had it renewed if they've maintained the contact on a spiritual inspirational level with the ancients who preceded them. That's how some peoples who still exist here have managed to maintain this wisdom. But for a great many people, especially those involved in the pursuit of the intellect for its own sake, most people in this modern society don't know about it. In your time and in these conditions, it is vital and really can change your life. It requires a great deal of patience. Because of your societies, you are culturally conditioned to rush, rush, hurry, hurry, what can I do fast, how long will it take? But if you know that it's intended to take the rest of your life and if it works for you, you will pass it on to your children or to those who ask, as you become more familiar with how it works. Then it doesn't become rush, rush, hurry, hurry. It just becomes something you do on a daily basis because it improves the quality of your life.

This is absolutely astounding. One of the beings said through Robert that a soul comes into this life and wants to do certain things, but it sets up certain lessons first. But what happens is, those lessons create such trauma in the cellular memory of the physical body that the soul can't really do what it wants to do.

But you remember, some time ago your friend Zoosh told you that karma was over. What he didn't say is what I'm saying now, that you do not have to come in with lessons anymore. Think about what that means. When Zoosh said, "Karma is over," it was awhile back. That meant that the children being born then were without lessons. That does not mean that they do not experience things in their lives, that they didn't come in to learn new things, but that they didn't come in with soul lessons in the same sense. That's why people have noticed, "The new children, oh, look how they are!" and so on. And other things, but I will not diverge too much. What I will say is that yes, you need to disentangle from that stuff.

The result of the lessons we took on.

That's right. But if lessons are no longer so vitally important, then it is possible to change your life. If you could let go of your karma . . . the whole point of the disentanglement is to disentangle you from your pain, but it also disentangles you (those of you who were born before recent times) from those lessons you came in with. That's why it takes time. If you were born with those lessons, you continue to do your disentanglement until you die. But if you were born without those lessons (you can track when Zoosh said that, it was pretty close to the precise moment), the disentanglement will be easier for you. So this is a process that youngsters can do, those youngsters that people like to call the new children. The disentanglement process will go differently at different paces for different people. Youngsters may not even feel the need for it, but if you're a youngster and you're experiencing some pain, you can do it, you can try it. It can't hurt you. It's very benevolent. You don't have to give up your religion to do this. I can assure you, one of the first things all religious deities do when they start communicating to those who make notes or try to leave messages or pass on the wisdom these beings have to offer, is tell you how to live on Earth in a better way. Therefore this is one of the first things they'll talk about.

This will clear what we have called cellular memory, where trauma is in our cells? We aren't aware of them, but they still run our attitudes, our emotions, our feelings, our choices . . .

It will clear it if you maintain it. If you do it a couple or three times and stop, it won't. If you do it for six months and stop, it won't.

It's the continuous application.

It's continuous, that's right. It will clear the drive to resolve things, but that doesn't mean things won't happen in your life. It does mean that you will react to them in ways that are more clearly your own personality rather than react to them in ways other people told you how to be. This will allow you to give the gift of your personality to many more people than have seen it. You know, sometimes people will say, "Oh, that guy, he's such a jerk." But then you talk to people who know him better, and they'll say, "Well, he can be annoying sometimes, but if you know him, you'll see at times he does these wonderful things." You'll often find that in relationships, someone will say, "Well, he can be annoying, but I've seen him

when he's really on, and he does these great things." When he's doing those things, he might be exhibiting his true personality. That's the sort of thing that's going to come to be more common.

Understand that because you are in Creation School here, I cannot simply wave a wand and say, okay, everything's all better now.

We have to do it.

You have to do it because it's school; but in order to do it, you need to be instructed in *how* to do it. The first hows always have to do with your own body, because your first responsibility is your body and what you do in it. Obviously, you are immortal—your personality goes on, but your body is the vehicle made up of Earth and what she has to offer. This allows you to learn these most profound lessons that cannot be learned anyplace else, because just exactly the right balance of challenge and discomfort exists here that will allow you to quickly learn lessons. You can learn lessons other places, but not quickly. And of course, as more people do disentanglement and are less driven by pain, the percentage of discomfort will over years gradually begin to drop. And your relationship with animals and Mother Nature and plants and so on will gradually begin to improve. Many of the things that animals and plants and Mother Nature and rain and lightning and so on have been trying to show to all of you (not just to mystical and shamanic people and sensitive people and so on), you will be able to understand even without instructions. In short, you will not only become clearer mentally, you will become clearer in your feeling self, clearer in your physical self and clearer even in your spiritual self, because your spiritual self will not have to keep trying to balance you on that one leg of the chair, to do a little of this and a little of that so you don't fall over. In short, it purifies the process over time so that life is simpler and better.

You don't have to give up comforts, to give things up. You might in time do things differently; as time goes on and people begin doing this more, you might notice that some things are less necessary. Obviously, you can't keep building cars and using oil indefinitely; in time people will gradually choose to do other things. But that doesn't happen immediately, because you need to do your homework and it's one . . . step . . . at a time.

What is the percentage of the negativity on the planet at this time?

Understanding that it's in constant fluctuation, taken as a gross potential on the planet, it does not exceed 47 percent. This, you understand, means that some places might have a huge amount and other places wouldn't have as much. The huge amount might be in a war zone for instance, and in a war zone, death is not uncommon. If you get negativity up around 62 or 68 percent, that creates the conditions where death is sometimes welcomed. You don't think of it consciously, but if you're suffering from a terrible wound, death may not look so bad.

Disentanglement could be called discretion too, couldn't it? It's one of the techniques to get down to the two percent negativity that we will carry in the future?

I'd rather call it postcreation rather than discretion, because discretion can happen before the fact.

Ah, and disentanglement only after.

Yes.

This is one of the gifts, then, that will bring this negativity down to something tolerable before we go out to the stars, right?

That's right. It will bring it down in time, and it gives you something practical and not very complicated that you can do no matter where you are. As Zoosh gives in his favorite example, you can be in prison and do this, and it can change things for you. It might not let you out of prison, but it's not impossible.

It could change circumstances in your life. And if it works for you, if others want to know about it, you can tell them. Don't tell them unless they want to know. It's not a new religion; it's a way to live.

Can we call it benevolent magic?

You know, I think we don't want to call it benevolent magic, because magic has connotations to people. I'd rather talk about it as such a foundational element of life that it can't be something you *add* to life to improve it; it has to be something *upon which you build life*. This capacity to disentangle and to create connections has to be in place before anybody [extraterrestrial] ever comes here to these kind of societies. So no, we can't really call it benevolent magic. Benevolent magic is used to improve specific conditions or specific circumstances.

Can we say that once we disentangle to at least a good degree, we will be more able to use benevolent magic?

Yes. And it may not even be as necessary because the more disentangled and clearer you get, the less likely certain things will continue to happen in your life, especially those that prompt, "Oh no, not this again." That is a pattern that you reproduce in your life (granted, often unconsciously) because of some old pain in this life. As we eliminate your being driven by that pain and we maintain that . . . By the way, you can do this more than once a day if you want to, but no more than twice a day. If something major is going on for you that is temporary, you can do it three times a day. But I would prefer that you do it no more than twice a day, then after a while do it once a day. I don't want it to take over your life. If you've got nothing else to do, all right, but most of you have other things to do.

And don't feel that just because you're eighty-five years old and your life is, as you might see it, coming down the home stretch, it won't benefit you. It can benefit you at any age. I might add that it's a process that naturally goes on for babies, at least until they're six months old—basically before they start to speak or have any real understanding of what verbal language means. They will have understanding of what being held and loved means, of course; they'll have the basics. But usually it is naturally in place for the first five to six months. That is also how you can learn to do it; it's not complicated, because you were born doing it.

If you disentangle and then come to the end of your natural cycle, will this eliminate some of the pain of the life review?

It may. Although it won't eliminate things you have done in life that need to be felt and understood, but because your personality will change as a result of the disentanglement, it's less likely that you'll be causing pain to others eventually. It very much raises your consciousness and your sensitivity, of course. And it is also less likely that your feelings will be hurt by others, because you'll be much clearer when others are still causing pain. You will be clearer that something they're saying or doing is not actually directed toward you; it might be a self-destructive impulse on their part. It does not create enlightenment in its own right, but it gives you many more of the natural tools you were born with, without the encumbrances of all the complications of your past pains and multiple pains. In short, it's a clarifying activity. It probably won't directly change your life review, but it can indirectly change it.

You don't have to change your religion at all; it's up to you. But it can improve the dying process. It doesn't mean necessarily that you'll have a whole lot less pain; there might be *some* less pain. But in the dying process you can still do disentanglement and your connections. You'll want to be connected to the most benevolent, and in that case, the connections will be to energies that will support you through the death process, perhaps in a slightly more benevolent way. So don't assume that if you're toward the end of your life, this can't help you.



Can we add here that because humans are becoming more filled with light, when beings die . . . Zoosh wanted us to say that you ask to go to your own guide and not into the white light.

Oh yes; we can add that here as an aside, if you like. If you're sitting with or near someone who is dying, they don't normally have to be instructed, but if you want something to say to them, say, "Look for your guide; he/she will take you on your journey." That's all, something simple. Or you can say, "Look for the loving light from your guide," because they will see someone; they will actually see someone who's radiating gold and white light. It's especially useful posttrauma—meaning a car crash or war or something sudden—when you know the

person is dying. If you're an emergency worker, you're probably busy trying to save them or help them feel better. In the process, you may not be able to say that, but you might. If the person is frightened, you can say, "Look for your guide" or "Look for your angel," if you like. These beings come. Of course, they don't really have wings; that was an artistic interpretation that has become popular. But you can say either guide or angel, that they'll take you on your journey. Just say, "... on your journey." They'll get it. ✨