

Alfred Steinecker

The Golden Book

Dear readers,

during the last weeks and days I received **very moving messages in form of a "Golden Book" from "the otherworldly world" which concern the whole mankind.**

The contents of these messages and prophecies finally caused me to make it public.

Those who would like to learn more about the background of these messages, I refer to the "Background" section on this website. Even though I do not identify with any world religion and I do not belong to a faith movement, it looms that the received contents **bear a relation to religious traditions** e.g. the bible, to **prophecies of indigenous peoples** and to various **spiritual movements**.

All this seems to be related and is **part of an unbelievable and overwhelming picture.**

As soon I receive new messages I will publish them here on this website.

The Messages

The first transmission began with the "Handing over of an empty book" to me.

At the same time the title of the first chapter was passed to me.

I will describe the messages in chronological order:

2 December 2014

Handing over of the book, naming of the title for the first chapter and first content.

Chaper 1: "REVELATION"

On 2 December 2014

- I was asked to open the book after it had been handed to me.
- I received the title "Revelation" for this chapter and when I turned to the first page of the book, an image appeared on the empty page. First I recognized a white horse that appeared to come from heaven and then more of them appeared.

I received the following message with it:

Jesus: "They bring the winds ..."

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3 December 2014:

On the first page of the book in chapter 1 "Revelation" I can recognize a white horse on its hind legs and read the following lines underneath the horse:

Jesus: "The sparkling of the stars faces before the morning comes and the wind of truth flows across the land. Feel your heart – it will protect you!"

4 December 2014

After I turn to the first page of the book, in the lower right corner of the page the hint appears, that there will be more information on the next page. Remark: the corner of the page was slightly rolled in. Once I turned the page to the initially second empty page, I received:

Jesus: "The night of the falcon is falling."

This sentence shows itself as an image with lots of symbolism, as I can perceive the sparkling blue stars of the Pleiades (7 stars) on the upper left and once I had read the sentence, the fullstop at the end of the sentence changed to a dark-red drop of blood which spread to the size of roughly a fingernail and dripped a few millimeters downwards.

Comment:

As mentioned, the image and the sentence had a big effect on my due to their symbolism. I started to think about the meaning of this image and to research it and quickly found the symbolism of the "falcon" in conjunction with "Ra", the old-Egyptian sun god. In the old-Egyptian mythology, night has a special meaning for "Ra" who is also depicted as a falcon respectively with a falcon's head.

7. December 2014

Once I had turned to the second page of the book, another image appeared underneath the image of "The Night of the Falcon is falling".

The image showed a "Temple at a Waterfall" in some kind of big cave. I received the following lines:

"The water of knowledge flows through your body, the essence of love unfolds in your heart. Look forward To the miracle."

8 December 2014

On page 3, which was empty just like for the previous messages, a new, large image appeared. This image also contained a link to Egypt. A large, white obelisk showed up and I received the following message:

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Ben 'Sha: "It is the sign of AMRA and is aligned to the central sun."

Comment:

At this point I ask you to remember that I pass this information on, just like I receive it. The term "Central Sun" had no deeper meaning for me, although I had come across it before. I cannot explain though, what it means.

Another part of the message relates to the existence of this obelisk within an Egyptian pyramid. (Part of the message was, that this obelisk is contained within the Great Pyramid and that it is in the 5th dimension).

I cannot explain why I received this message within the chapter "Revelation", nor what the obelisk is all about. I am being open: Up to now I did not even know that obelisks played a role in Egypt.

Update from 9 December 2014:

Looking at the first messages, there are two aspects, which stand out:

1. The contents of the messages so far has both a prophetic as well as a descriptive character.
2. The messages relate to both the bible as well as Egyptian mythology.

Update from 21. December 2014:

Today I received an interesting note from a reader in relation to the name AMRA. According to her research, AMRA is of Arabic origin and means "Life" and "Eternity". Thank you for this information!

Update from 30. December 2014:

Another reader – thank you Guido – sent me interesting information in regards to "AMRA":

Hello Alfred,

I have just read some passages in this golden book. Very interesting.

I want to share with you an additional hint on the word Amra, which one of your readers has connected with Egypt. What I want to add is that the word AMRA is not complete and that it has a different background. The full word will match the prophecy better. Everyone knows it in a different spelling: ARMADA – the definition of this word should be clear. If we turn it around – like so often, in order to keep something obvious secret – we get the word ADAMRA. Adam, the first man – the genetically manipulated created man. However, there is something special to him – a divine spark or creator spark in him. Unexplainable and something that only beings with a soul have.

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RA stands for this beam. So, on one side Armada and on the other side the creative, divine prime state, ADAMRA.

That is what I wanted to share with you.

Best regards,
Guido.

9 December 2014

The events are quickening. Around 3 pm I have received a further message. I was asked to open the next page of the book. I turned to page 3, a page on the right. At the bottom right there is again the hint that there is a further page. As soon as I perceive this hint, even before I can turn the page, I received the information

"Chapter 2".

I am very confused, as to how fast the first chapter, "Revelation" is closed.

Full of curiosity I turned the page and got even more confused, as this new page, page 4 of the book, had the heading:

Chapter 2: "THE END"

I swallowed and perceived a further image, which formed, in the upper half of the page.

It showed a dark, bleak sky and a large number of black ravens against it, as they were slowly circling. At this moment I received this message:

Jesus: "The flood of thoughts will beguile you. Pay attention to what the sky shows you. Pay attention now!"

While I was still under the impression of this bleak image and tried to absorb and understand the contents of the message, something surprising happened:

In the lower half of the page the word "LOVE" appeared in large, ornate, golden glowing letters.

The word was such a contrast to the picture above and its related message.

I want to mention for your better understanding, that I was not "alone" while I received the previous messages. The messenger was always "present", whom I could see and recognize very clearly with my inner eye. That also happened while I received this message.

I was "slightly confused" because of the first two impressions on page 4, further so, as this page already described "The End".

I wanted to understand this and asked the messenger. The following dialogue developed:

The explanation of this chapter and for the book as such is overwhelming for me.

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Alfred: "I am confused – what does "beguile" mean? How should we understand this?"

Jesus: "It will be a time of great confusion. The time has come to break the seals ..."

At this moment appeared an image between the upper image and message and the word "Love" in the lower half.

Jesus: "You are in a boat in the middle of a swirl." (Image of a boat). "YOU decide whether you want to leave the boat in order to reach the safe shore!"

At this moment I realized, that there must be a connection between the "safe shore" and the word below it: "Love". I understood. I also wanted to clarify another point. I was irritated that the chapter on page 4 was titled "The End". Why is the book so short?

Whilst I was still formulating the question in my mind, the next page, page 5, which had been still empty, changed. In the upper third of the page a lily of the valley appeared in a colourful flowering meadow in full sunshine. It obviously showed a wonderful spring day. The image stayed somewhat blur, but still recognizable.

Now I received the following message:

Jesus: "The book of life is being newly written."

Now I understood why the chapter about "The End" comes so early in this book. The first four pages describe the conclusion of our present time. The book is meant for something else, to describe the time after that!

The beautiful, sun-drenched flowering meadow with the lily of the valley already points to the next chapter! I am somewhat breathless after this message

10 December 2014

Around 4:30 pm I received another message, which I will pass on as I have received it. Some of the terms and the name, which I received, are not familiar to me or unusual. Despite that I want to pass the message on.

I was asked to turn to page 5 of the book for a new message, which I was about to receive. I would be a good message. (Remark: on this page I had seen the blurr image of a meadow yesterday, which was missing today).

When I openend the page, I saw the following image:

A large, wonderful, illuminated city showed itself in the upper half of the page. It shone gloriously. In the centre of the city I perceived a huge, blue-white crystal (diamond?) and spread across the city,

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several smaller crystals. While this image was forming, I received in parallel (overlapping) the terms "City of the Sun" and "City of Light".

While I was looking at the impressive image and wanted to perceived more details by shifting my focus, I received this message:

Athena: "The city of light "Aeptu Su" will shine in great splendor, the air will be filled with love.

Note, when the earth quakes, wonders will begin.

Remark: I have to admit that this message is a bit of a challenge for me. Whilst I could recognize the image of the "City of Light" very clearly, I stumbled across the somewhat strange name. Despite that I decided to post the name they way I have perceived it.

11 December 2014

This afternoon I received the following message:

Three tall, slim beings in white garments showed themselves. They appeared surrounded by fog, which quickly dissolved.

The human being in the middle had shoulder-long white hair and emitted respectful dignity. It called itself **Adama**.

On page 5 of the book the following scene showed itself:

Dark-red glowing, liquid iron (like hot magma in a volcano) drips onto pure, white marble but it cannot harm it. The liquid iron immediately cools and the marble rejects it.

Adama explained, that this image symbolizes the current time of mankind. Without Adama explaining it further, I had the distinct feeling, that this was a symbolic image of the meeting of the "dark" and the "light".

After that he passed the following message for all of you:

Adama: "We wait for you at the other shore. Us humans wave to you and reach our hands out to you. Us humans, who are you, us humans in peace."

Remark: I received the part of the message "Us humans, who are you" indeed like that, with a slight emphasis, like: "Us humans, who are *you*."

I notice that in the last few days, I received three times hints from different messengers / sources during the connection about a "sound of a bell" which I would hear internally.

This seems to be connected with an event. Maybe you have similar information or know what it could mean?

I will keep you posted. Something seems to be building up.

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15 December 2014

Yesterday (today is Tuesday, 16 December) I received one of the most moving and sustained messages of my life, which is the reason I had to let it sit overnight.

The source of the message is I AM, Creator himself and it is very hard to describe the energy of this message in words, as this moment was so intense, meaningful, yes, mighty.

A new page of the Golden Book was opened!
Here is the content, which I write down as it is:

I AM: "It is time to open the 2nd seal."

After that my attention was directed to the Golden Book, page 6. First the number "24" appeared in large, golden numbers on the empty page. The following message came from an awe-inspiring voice:

I AM: "The 24 thrones will shine in new splendor! I arise now ..."

(I felt a tremendous energy at this moment)

I AM: "Mankind is entering a phase of peace and will be accompanied by happiness henceforth.

Do not be afraid when the clouds of darkness rise, do not be afraid, when the rain of sadness falls.

I love you,

I love you, my children.

Go forth and spread the word:

Do not be afraid!

DO NOT BE AFRAID!

So be it."

Remarks:

The moment, when the I AM announced "I arise now", I was carried by an unbelievable, powerful energy so that I had the feeling in this moment, that nothing can resist this force that comes now. I can't express this any other way.

I am reminded of the image of the fairground (see Menu > Background) and the "We Self" chooses what we want to experience in this fairground.

17 December 2014

A few minutes ago (around 6:00 pm) I received another message for the Golden Book.

The message was brought by *Ashtar* and *Athena*, who asked me to turn to page 7 of the book.

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I did so and on the page appeared a splendid, shining city with high, slim towers – shimmering in gold. It seemed to float in the air. With it I received this message:

Ashtar: "The time of the cities of light has come. Open your hearts for the energy of love, carry it in you for the next steps ..."

I was very moved by the image of the wonderful city, this wonderful message and said thank you. Before I took my leave, there ensued the following short dialogue, which I want to share as well:

Alfred: "Ashtar, this coming weekend, on 21 December we have planned a telephatic event in order to contact our star siblings. Could you support us in that?"

He smiled ...

Ashtar: "Legions of light await you!"

Alfred: "For the contact?"

Ashtar: "Yes!"

We said goodbye ...

19 December 2014

At 3:00 pm I received another message for the Golden Book. It was brought by St. Germain and again the message had a lot of symbolism, something that can be found in all the messages of the Golden Book.

He opened page 8 of the book and asked me, to take a look at the at first empty page.

The image of a great, golden calf appeared on the upper half, accompanied by the following message:

St. Germain: "Tears of joy will flow when the golden calf has been slaughtered! Tears of happiness will sweep you away! Let yourself be carried along, let your self be carried along by this magic ...

We are waiting for you! "

I said thank you and we said goodbye...

20 December 2014

In the middle of the night, around 4:00 am I woke up and felt, that a new message was waiting for me.

Jesus and Mary brought this message, which again is full of symbolism.

They asked me to turn to page 9 of the book. I opened it at page 9 and a big, splendid golden chariot appeared. I received the following message with it:

Jesus: "The golden chariot brings you into the light! Let yourself be guided by the breath of love, breathe deeply!

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It is the time of the roses, let yourself be enchanted by their scent.

Rise into the light ...

Now!"

For a long while I was touched by this strong message ...

Remark: I felt that it is an important message, but I could not unlock the symbolism at first. My first internet searches were unsuccessful, nothing that I found could satisfy me. Something was still missing.

Suddenly, "by coincidence" I found the key and I managed to understand the meaning of this message. The following link was the key:

The Israelis: Ordinary People in an Extraordinary Land

By Donna Rosenthal 2008.

Hebrew was no longer a living language, but The biblical word for chariot, Merkava, was used as a bridge for

Merkava

Jewish mysticism

Written by: The Editors of Encyclopædia Britannica

Alternate title: Merkabah

Merkava, (Hebrew: "Chariot") also spelled Merkabah, the throne, or "chariot," of God as described by the prophet Ezekiel (Ezekiel 1); it became an object of visionary contemplation for early Jewish mystics. Merkava mysticism began to flourish in Palestine during the 1st century ad, but from the 7th to the 11th century its centre was in Babylonia.

When I read the term "Merkaba" I immediately remembered the "Merkaba Breathing". Everything made sense now.

22 December 2014

At 3:45 pm I received two more messages, the first one directly and the second one as page 10 in the Golden Book.

The first message I received from I AM, the Creator and the words were:

I AM: "The clouds will darken, faith will remove itself ...

The time of darkness has come. The rich will be poor and the poor will be rich."

Deep inside me I felt, that mankind will face big turbulences and that faith will be shaken at its foundation.

Jesus and Mary now asked me to open a new page in the Golden Book. It is page 10.

On the empty page appeared an image of a Golden Chalice, which covered about half the page.

The following message came with it:

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Jesus: "The golden chalice of love will pour itself over you. Be prepared!"

I had tears of joy on my cheeks. I thanked them and absorbed the message for a few seconds ...

23 December 2014

Whilst writing this message I am still deeply moved by what I have just experienced. A stream of deep peace that did not want to end was flowing through me throughout this message and I can still feel it deep in me.

The passing of today's message had a special setting and was highly celebratory.

Present were Ben 'Sha, an Arcturian as well as Adama of Telos. An incredible energy of peace filled me, seemingly every cell in my body seemed to dissolve in it.

At first I could not separate myself from this energy, I just wanted to let myself be carried by it, be part of it.

Ben 'Sha handed by a role of parchment, sealed with a red seal of the flower of life.

I felt that something special was happening:

Ben 'Sha: "This is page 11 of the Golden Book. Open it with caution!"

It took the role respectfully and felt it in my hands. My breathing got faster. I knew deep within myself that something important, some big was about to happen

I opened the seal and unfolded the page, which merged with the Golden Book. A beautiful, shining diamond appeared and I received the following message:

Ben 'Sha: "Your home is calling you, it is the nucleus of your soul!"

Moved by this message by glance sank into the wonderful light of the diamond, I felt that all my incarnations were contained therein, I could feel the glamorous sparkling of each single existence. A moment which I will never forget!

It is my soul that is calling me home!

In silence and deeply moved I observe the sparkling diamond, the nucleus of my soul ...

Alfred: "This message is also for the others, isn't it?"

Ben 'Sha: "The call is for all who carry love in themselves."

Adama addresses me and adds:

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Adama: "The time of truth is the time of love. The time of love is the time of change. That is what is waiting for you!"

As I record these lines I am still deeply moved. I look out the window and I see a beautiful sunset with colours like from a different world ...

30 December 2014

I woke around 6:00 am and felt that I was about to receive another message for the Golden Book. I tuned in, prepared for the coming meeting and was surprised:

Even before I could receive the message, my inner eye showed the image of the "Golden Calf". It stood on a pedestal, however, its head was missing.

Facing me stood St. Germain and Mary and I felt, that I would be receiving two messages.

St. Germain passed the first message. He asked me to open page 12 of the book.

The upper half of the page showed a vulture and I received the following message with it:

St. Germain: "The vulture spreads its wings during the night, when the frost is at its strongest.

Shield your eyes so that you will not be blinded."

Deep inside me I felt, that we all are moving towards a very important moment.

Mary shared the second half of the message.

Mary: "The flower of light blooms, when the night is at its darkest."

We said goodbye and I stayed behind deep in thought ...

Remarks:

- I feel that the "Golden Calf" with the missing head is linked to both messages.
- I also feel inside me, that the advise "shield your eyes so that you will not be blinded" has something to do with a deception.

4 January 2015

Shortly after waking up at 6:00 am this morning, I received another strong, seemingly urgent message. Something was different though:

The whole area was shrouded in a glittering golden shimmer, as if fine gold dust was covering the landscape.

I had tears of joy running down my cheeks, when I saw Jesus, St. Germain and Mary.

They asked me to the pillar on which the Golden Book lay and which was flanked by two large burning candles. They opened page 13.

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In the upper half of the page showed itself a huge, formidable storm, which shimmered golden, as if it was carrying gold dust. With this image I received the following message:

Jesus, St. Germain & Mary:

"See the thunderous storm of love, as it fills the air. Guard your soul and open your heart.

The time of harvest has come!"

I felt that something is approaching. Something very big.

Remarks:

While I write the last line of the message, I remember an earlier message, which I have received. That was about the separation of the wheat and the chaff

8 January 2015

Preamble

Contrary to other messages or information that I receive for example in contact with deceased, communication with our star-siblings or similar contacts, the messages for the Golden Book have a deep symbolism to them. It seems that the messengers do this deliberately. When I recorded today's message into the Golden Book, I was tempted to correct some of the words that I received, that means to use synonyms, so that it sounds better or makes "sense". Like with all previous messages however I stay true to myself and publish the content just as I received it. Without any changes. As can be seen from the comments to today's message further below, staying true to the received words, is of special importance.

The messages

The whole day I felt, that I would be receiving a new message for the Golden Book. Around 2:00 pm the time had come. I retreated and tuned into my heart space, my inner temple.

It is always the same ritual, with steady chakra-breathing and finally a transition into a relaxed alpha-state.

I describe this process of preparation, as today there was an unexpected prologue before I received the actual message.

Just before I entered my heart space (I was standing in front of the big stairway that leads to the entrance of my inner temple), Sant 'Ra, the Sirian who brought the message about the city of light on 10 December, contacted me. After a short greeting she told me the following in moving words:

Sant'Ra:

"Our people is with mankind.

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**There will flow tears of loss,
there will flow tears of grief,
there will flow tears of joy on the path into the light."**

These words expressed deep compassion for us humans and I felt that they were related to something in front of us. Even though the first two sentences of her message conveyed compassion for moving moments for mankind, she expresses in her last sentence a big joy, which is waiting for mankind.

I looked up to the entrance of my inner temple and saw Mary. On her right she carried a basket with beautiful red roses and asked me with a smile, whether we should enter the temple.

She accompanied me into the temple to the pillar with the Golden Book.

Jesus already was waiting there for us with a smile and said:

Jesus: "We have something for you ..."

He opened the Golden Book and turned to a new page, page 14.

In the upper half of the page two parts of an image appeared, which slowly merged. The first part was a plant, a flowering tree. The second part formed the background of the overall image, a barren, rocky desert.

As the two parts merged into one, I received the name of the tree: Acacia. The combined image showed an "Acacia in the desert".

I want to state that my knowledge of botany is rather rudimentary. I did not know up to know what an acacia looks like, neither that it flowers or that it can even exist in the desert.

Even though I was a bit distracted, I stayed concentrated. I received the following message in two parts:

Jesus:

**"The power of the heart lights the way,
the light of the heart lights up the night.**

**Look up to the sparkling stars when the night is longest
and you will see the future that visits you."**

We said goodbye and I left the temple deep in thought ...

Remarks:

- I decided to let some time pass as I was still moved by the message of Sant'Ra, the strange image of the desert and the message of Jesus & Mary.

- All this did not make a lot of sense at first glance, but I felt, that the messages are true. Afterwards I found:

The "Acacia in the desert"

There is a reference in the bible in regards to the "acacias in the

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desert", if you are interested.

Isaiah 41

...[18](#)"I will open rivers on the bare heights And springs in the midst of the valleys; I will make the wilderness a pool of water And the dry land fountains of water. [19](#)"I will put the cedar in the wilderness, The acacia and the myrtle and the olive tree; I will place the juniper in the desert together with the box tree and the cypress, [20](#)That they may see and recognize, And consider and gain insight as well, That the hand of the LORD has done this, And the Holy One of Israel has created it."

"On a future day, during which Israel will be blessed, God will make the desert a place of joy. The people can be compared to the moral desert, in which nothing grew for God and that will be the case till the time of the blessing, which will transform even the desert into a well of joy through God's blessing. Then the high and fragrant cedar, the beautiful acacia, the evergreen myrtle, the fertile olive will thrive and the desert will bloom like a rose. The tree reminds us of the life force within all that is at the moment dead and barren ..."

Commentary from www.bibelstudium.de

<http://www.bibelstudium.de/index.php?articles/2356/Die+Bretter+der+Stiftsh%FCtte>

The message of Jesus & Mary:

The last part of the message left me a bit clueless at first. What does it mean: "You see the future that visits you"? I discussed this yesterday with Steffi and Gerti, when Steffi all of a sudden remarked: **"The future that visits us, that's us!"** I realized that she had said something very important.

During the night of Friday, 9 January I woke around 3:00 am, thinking about this and decided to ask my Higher Self about it. The result was surprising, but read for yourself.

Alfred: "Higher self ..."

HS: "Yes"

Alfred: "Did you get the message from Jesus ..."

HS: "Yes"

Alfred: "I am asking myself whether "the future that visits us" means, that time will dissolve for us or whether it us, who are coming from the future to visit us. Which one is it?"

HS: "Both is right. The future will become NOW, the past will become NOW and the now will become NOW."

The answer from my Higher Self is still resonating and I am asking myself how long it will take to comprehend what this answer means

...

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11 January 2015

In the early afternoon I felt, that another message was waiting for me. Just after 5:00 pm it was time and I prepared for the contact. At first I enjoyed the wonderful and intensive vibration in my body, which I have since weeks. Every cell of my body feels like a small, vibrating power generator, while I enjoy the flow of this wonderful energy

Waiting at the pillar on which the Golden Book rests, Ben 'Sha, an Arcturian was waiting for me with a smile.

Ben 'Sha: "It is time for a new lesson ..."

He pointed to page 15 of the Golden Book.

In the upper part of the page I perceived a huge illuminated spaceship of incredible dimensions, comparable to a city of light. The following message came with it:

Ben 'Sha: "For everyone, who follows the path of light, the chambers of light are opening now.

Be ready.

From now on!"

The advise to be ready, picqued my interest. I wanted to know more ...

Alfred: "Ben 'Sha, many people will be curious. What does this message mean?"

Ben 'Sha: "The heart will light up like a sparkling diamond in sunlight. Be prepared. See you soon, my friend."

While Ben 'Sha's words resonate in me, I am reminded of the many people who feel, that something "big" is coming ...

13 January 2015

Shortly after waking up, I felt the urge to visit my Inner Temple and that I would receive a further message for the Golden Book.

As I neared the temple, I looked up into the blue sky and saw a large, silvery UFO, that flew in a big circle from right to left across my temple and then landed gently at the side of the plaza in front of it.

Three tall, slim, shining beings with human contours emerged and came over to me.

I recognized the Andromedans with whom I had previous contact.

The being in the middle with the name S'ek H'ol passed me a paper roll with a smile.

S'ek H'ol: "A sign of peace.

It is the missing page 16 of your book.

Our people greet you humans!"

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I thanked them and we parted. Curious about the contents of the message, I entered my Inner Temple and unfolded the roll with the message in order to add it to the Golden Book.

On the page appeared a big white swan, accompanied by the following message from the Andromedans:

S'ek H'ol: "The swan of peaces now covers the whole world with his wings."

Below that:

"Trust yourself, then you will obtain the power of this swan."

Remark # 1:

After I had noted down this message, I searched the Internet for the symbolic meaning of the "White Swan". Apart from the symbolism of purity, I found two other interesting links which literally struck me:

"... For the native tribes of North America, swans are messengers of the holy powers. "Whope", the holy "White Buffalo Calf Woman", who brought the Lakota tribe their medicine, would also appear as a white swan."

The famous medicine man Archie Fire Lane Deer considered swans a symbol of peace and quiet. (Palmer, 2001) ...

Source: [Die Schwäne und die Indianer - Die Erschaffung der Welt](#) and

"...

The white buffalo woman prophesized her return at the turn of time shortly before the so called "great cleansing of the Earth", in order to bring unity and peace to Earth ..."

Source: [Aura da Ben und die Rückkehr der Weissen Büffelfrau](#)

Remark #2

Before I started to tune in for my visit to my Inner Temple this morning, I decided to check a few points with my Higher Self. One of the answers seems important to me and therefore I want to publish it here.

Alfred: "Please tell me, what us humans can now expect?"

HS: "It is turmoil. Check the meaning of the word turmoil. ... Stay calm, stay calm!"

I knew that my Higher Self refers to something that is still in front of us humans and not the events, which we can observe from the current media reports.

Remark #3

This morning we (Steffi, Gerti and myself) refelected on today's messages from the Andromedans and my Higher Self today.

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We are aware, that mankind is facing very turbulent times, like a wooden boat in rapids, which is getting faster and more unstable as it nears the big waterfall. Humans are holding on desperately to find stability and balance. I feel that my Higher Self was referring to the moment when we reach this waterfall, when it talked about "turmoil". And I also feel that it will be a wonderful time after that for mankind.

It is the time, when the white swan covers this world with his wings!

14 January 2015

Late in the afternoon of that day, I received the next page of the Golden Book.

Adama brought the message, but I was struggling to receive the message "cleanly".

Some words seemed to blurr, were not clear to me or clearly conceivable. My mind took over and tried to fill the gaps by using suitable synonyms. Finally I stopped the communication and asked *Adama* for his understanding as I explained my perception to him. I wanted to get in contact with him at a later point in order to receive today's message.

However, before I stopped the communication and we could say goodbye, I received an image, a symbol for page 17 of the book: "The Obelisk of Truth".

19 January 2015

Today it was time and I came into contact with *Adama*.

Important: "Overlap of realities"

At this point I want to refer to the changes in my perceptions and my contacts, which seem important to me. Maybe you had similar experiences in the last few weeks?

Since around November last year I notice, that other "realities" "overlap" with my daily life. What does that mean?

I want to express through that, that in certain circumstances, which I will explain in a while, images or "sequences of reality" push themselves into my daily perception.

It is as if I was watching two videos at the same time, which are projected on top of each other. I simply choose which film I want to watch at any given time by focusing on it.

That is probably the best way to describe it. Under what circumstances does this occur? Maybe you have made your own experiences with this, maybe this can be an inspiration for you to try for yourself ...

For me the "overlapping effect" occurs exactly after the following two steps:

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1. Letting go, i.e. setting the mind free

and then

2. Alignment respectively focusing of the consciousness

The first step takes "control" away from the mind - we let ourselves drift till we enter into a state of feeling.

The second step flows lightly. In my experience it is enough to give a small impulse, such as "*Now I take a look at ...*"

Even though it is a simple, short sentence, it not obvious what it means.

With this gentle nudge **I allow my consciousness to filter certain realities independent of time and space.**

It is just like I am deciding in a room, that I have been in dozens of times before, to look at a specific image, which up till then I had ignored or not even noticed.

If I give the impulse then a "starting point", e.g. a feeling, an image, the wish for a contact, etc., my consciousness enters into this "reality" which corresponds to my initial impulse.

If I let myself float along and give additional small "control impulses", my consciousness moves accordingly through this "reality" and delivers information, images, respectively sequences, information and feelings.

What is amazing: I see these realities with open eyes, plastic with special depth, in colour, clear and certain.

An example of this perception I had two weeks ago, when a friend visited us. While I was talking to him, I switched to this "new type of perception" and was surprised. Not only did I perceive his spirit guide – a wise old Asian man – in full size. The space of this spirit guide, a sort of library with shelves, table, seats and all the necessary details including the containers for herbs and a teaset made of porcellaine, overlaid my "real" space in the here and now. With open eyes I could observe clearly, what the spirit guide did in this room, where he moved to. And as if it was not enough to just see this very clear and in detail:

The spirit guide took a kind of parchment role, about A3 size and painted a Chinese character on it as a message for his charge.

Fascinated I stopped the conversation, took a pen and drew this image on a piece of paper. In doing so I kept looking at the parchment role of the spirit guide so that I could copy the image as accurately as possible.

It must have been very confusing for the others in the round to see me staring into, what looked for them to be, empty space.

As none of us knew any Chinese, we were of course curious to learn, whether it made any sense. With the normal reaction of "you

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can talk a lot and phantasy has no limits", the charge of the spirit guide sent the image that evening to a professor in China that he was acquainted with and asked him to check what it meant.

He received an immediate reply.

When he told us in the morning about it, he had tears in his eyes. Not only did the Chinese character exist, but it was on top of it a very personal message of the spirit guide to his charge, which touched him deep inside and made his eyes well up with tears of joy.

With this small example I want to show how strong and grand the changes of the last few weeks and months have been. I am sure a lot of readers have similar experiences. I want to give encouragement to experiment with one's own consciousness, to play with it. I am sure, lots of wonderful surprises wait for us.

"The Obelisk of Truth"

Following is the message from *Adama*, which again has a lot of symbolism:

Adama: "We love you, you humans. Pay attention to the light in your hearts. We are by your side day and night. Trust yourselves and your divinity. We wait for you on the other shore.

Now listen:

The truth is like a river that flows across the land. The time for the truth has come.

Look at the feather, which lies in your hand. Pay attention to the sparkling of the stars and listen for the humming of the light!

Bye for now, with a deep bow to humanity"

At the last sentence I was breathing hard and fighting back tears as a wonderful wave of love swept over me.

Remark # 1

Looking at the messages so far I notice, that the following contents are specially highlighted:

- The "time for truth" has arrived
- We are facing "turbulences"
- After that there will be a "time of peace"
- The "light in the heart" is very important
- Looking at the sky is important ("sparkling of the stars", ...)
- We are being awaited

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Remark # 2

When *Adama* spoke about the feather in our hand, I saw the image of a soft, white feather in an open hand. I researched the meaning of the white feather afterwards and found the following:

"The feather is another widespread old sacred symbol. It symbolizes truth. Old Egyptian legends relate that the feather was used as symbol for truth, as it can be blown away by a slight wind.

19 January 2015

In the morning I felt already that another message for the Golden Book was waiting for me.

The thought of receiving the message touched me deeply. In my Inner Temple, Jesus, Mary and St. Germain waited for me with a smile. St. Germain asked me to turn to page 18 of the book. As I opened the page, in the upper half of the page an unusual image appeared with the message "The Night of the Rainbow".

The image showed a beautiful rainbow, shimmering in all colours. The unusual thing was that the rainbow was visible in the night. The message was as follows:

Jesus, Mary and St. Germain:

"Pay attention to the day when love falls. Pay attention to the heart, when the light of love shines."

and after a short moment of silence:

"The light of grace will reach you soon, very soon!"

To me this message shone with lots of symbolism as well. In order to find out more, I decided to check with my Higher Self (HS). Here is the short dialogue:

Alfred: "About the message I have just received "The Night of the Rainbow"..."

HS: "Are you sure?"

My Higher Self could feel my slight irritation about a rainbow in the night. It was testing me, whether I was sure about the message, whether I trusted my perception ...

Alfred: "Yes!"

HS: "Then continue ..."

Alfred: "I have the feeling, that the message is about 2 points.

... "when love falls" ...

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I feel the aggression that is connected to the fall of love. Is my perception right?"

HS: "It is like an epidemic. It will not be possible to control it ..."

Alfred: "And the second part points to a positive development. Is that right?"

HS: "That is true, it will be joy. Joy, for which you have waited so long."

21 January 2015

In the middle of the night, shortly after 2:00 am, I wake up. I am wide awake and feel the strong vibration of my cells which has been accompanying me for a few months already and which seems to become more intensive with every day.

I had the urge to visit my Inner Temple.

The inner room was shimmering in a gentle, white light, as I moved forward to the pillar of the Golden Book. At this moment the voice of the I AM rose:

I AM: "Open page 19 of the book and see ..."

I turned to that page. At this moment a big white dove appeared which took up most of the space in the upper half of the page. The appearance of the white dove was accompanied by the mighty voice of the I AM:

I AM: "This is what awaits mankind!

Proclaim:

Peace is waiting for mankind!

When the long shadow falls, shines the sun of love, of peace and of happiness for mankind!

In eternity

Amen."

I am still deeply touched by the might and sublimity of this message ...

Remarks:

- The appearance of the big white dove and the powerful voice of the I AM are hard to describe, as this message still resonates so deep and powerful.

- I want to add, an, in my mind, important detail:

While I received the message from I AM, the chapter heading of the page "The End" blurred as if it was slowly dissolving and making space for a new name, the name of the next chapter!

Translation by Hannes Steiner

2 December 2014 till 21 January 2015

Alfred Steinecker
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January 23, 2015

By yesterday afternoon, I felt an inner restlessness, and knew that it was time to seek my heart space.

Before going to sleep I therefore asked my higher self to wake me up at night, if a new message for the golden book would be present. Early in the morning it was time. I woke up, went into myself and entered the forecourt to my *Inner Temple*.

I looked up the wide, white-gold, shimmering steps and saw a graceful, human being.

After a brief orientation to my attention, I realized who was waiting for me, smiling in front of the entrance to my temple: *The White Buffalo Woman*!

She is stunningly beautiful. The snow-white, very soft-looking buffalo hide emphasized her slim, young-looking body and her proud Indian appearance.

I quickly went up and took her hand, which she held out, welcoming me.

She pointed from the stairs with her right hand into the distance and said:

„Behold the land ...“

First, before my eyes appeared a long, beautiful and lush landscape, which passed after a few seconds into a heavenly lake with crystal clear, blue-green water at the foot of a mountain.

She showed me the splendid, pure nature and reminded me of how stunning and beautiful our planet is.

She continued:

„See the stars ...“

I kept my eyes high to the night sky, the littered with sparkling stars and noticed how the stars seemed to sink slowly to the ground like dust ...

Alfred: "I see the stars, they trickle like gold dust down ..."

Fascinating, I watched this mighty spectacle that still exuded such a deep peace ...

She replied significantly:

The White Buffalo Woman:

"It is the sacred night that brings peace!"

With a gentle gesture she pointed to the entrance of my temple, the sign that now the message of the "Golden Book" was waiting for me ...

At the entrance to my *Inner Temple*, I realized Ben 'Sha, who smiled, was already waiting for me by the column of the *Golden Book*.

I was very pleased to see him again. Next came the following dialog:

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Alfred: „I greet you, Ben 'Sha!"

Ben 'Sha: „I greet you, my brother.

It is a time of great turmoil and joy ..."

Alfred: „Yes, that's it ..."

Ben 'Sha: „There is a new page, the number is 20 ..."

I took the book and opened the appropriate page.

Clearly appeared the image of large, silvery UFOs, accompanied by the title "Time of Truth".

For this purpose, I received the following message:

Ben 'Sha: „Pay attention to your heart.

Feel your heart by night and by day, because what will be revealed to you, is of great importance!

We love you!"

We said goodbye ...

On January 25, 2015

I wake up, it is 5:30 am. I clearly feel the warmth in my chest and I feel that an additional message for the *Golden Book* is available.

I breathe evenly and quietly, so as to prepare myself to go within my *Inner Temple*.

Having entered within, the *Golden Book* sits upon its podium and Mary and Jesus are waiting for me. Today I feel a very intense and radiant light.

I greet and welcome them.

Something is different today, not like the usual feelings, it is very solemn.

Mary, friendly and smiling, holds out her open hand. On her palm I see a small box, which she hands to me.

Inside, embedded upon red velvet, is a beautifully radiant golden seed.

Mary: "Carry the seed of love in your heart...."

With great joy and gratitude I receive this wonderful gift.

I turn to Jesus, who draws my attention to the *Golden Book*.

Jesus: "We have something new for you, something meaningful...

It is "21", a sacred number."

He points to page 21 of the open book.

Deep in my heart I feel that the message is now becoming very special.

I look at the page and see a large gold cross that shines in a wonderful, bright, but not blinding, light.

I receive the following, deeply moving, message:

Jesus: "The time has come for Humanity

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***to now be united.
All should hold hands,
for you are all one.
The seed of love unfolds,
for now and for all eternity
Amen."***

While writing down these lines, I am overwhelmed by my tears and a feeling of deep love...

On January 25, 2015

During the course of the night, I was awakened about three to four times, a clear indication that once again there is a message for the *Golden Book*.

But my need for rest was stronger and I again fell into a deep sleep. Early in the morning, I felt it was time. I was now relaxed, my sleep had now given me enough strength and energy.

I was now at ease and shortly thereafter, I was ready to enter my *Inner Temple*.

The Light beamed with a wonderful, gentle, golden glow and invited me to come closer, towards the podium of the *Golden Book*.

I knew I was going to receive a new message.

I AM: "Turn to page 22"

I turned to the corresponding page of the *Golden Book* and looked at the blank page.

Appearing as if out of a dense fog, the image of a giant ocean with deep blue water unfolded. Under the surface seemed a bit dark, glowing like liquid magma.

The image appeared blurry, so I focused my attention and now I clearly saw a large volcano that stood out far in the ocean.

In addition I heard a calm voice that stressed the following message:

***I AM:
„Mankind is facing turbulence,
They should remain calm.
My words will resound,
like rumbling thunder in the air.
May they open their hearts,
so that the truth can flow into them.
So be it.
Amen."***

I felt that an important and powerful concept was contained in this message.

Alfred: „Please guide me, have I understood it correctly?"

I described the image of the volcano in the ocean, repeated the message, as I had received it and finally asked:

Alfred: „Mankind will experience

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turbulence?"

A large vertical cartwheel, with strong spokes, appeared before my eyes and turned slowly...

I AM: „It is the wheel of Time.

As it moves, the bottom becomes the top, and the top becomes the bottom."

I understood.

I AM: "So be it. Go forth and inform them."

I can still feel this message, deep within me...

On January 27, 2015

I am now receiving messages at even briefer intervals.

Shortly after waking up this morning, I asked my Higher Self, if I wished to learn "something new".

I agreed, and with curiosity, I promised myself to go into my *Inner Temple*, soon.

Inside the temple, in front of the podium of the *Golden Book*, I was greeted by *The Light*.

I AM: "See the new page, the number is 23..."

I kept my eyes on the appropriate page within the *Golden Book*.

In the top half of this page, a large black raven appeared. In this manner, I received the following message which is addressed to every single person:

I AM:

"Behold the wings of night, be brave and full of confidence.

Under the wings of night, the sun shines. So wait until they rise.

The sparkle of the stars will accompany you. Trust them with your life.

Amen."

With deep gratitude I bowed and left the temple in deep thought...

Note

Since the message of the *I AM* is addressed to every single human being, I'd like to ask what feelings some readers have and to also please contact me directly with e-mails and personal conversations. These communications, from my readers, will be most beneficial for me because I will gain knowledge from their interpretations and inspirations regarding the messages.

But some questions may be asked, such as "When will 'The Event' happen?" and they may express fears that they have regarding what is to come.

These two issues I would like to address now:

#1: When will "The Event" occur?

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I understand and relate to this question more than anything else, because many times we have seen the word "soon" in a variety of messages.

Many of the readers can no longer bear their desperate pleas towards the heavens and pray: "NO, NOT AGAIN!"

Also the messages that I have received, contain no dates. However, something is very different than before!

These types of messages vary in content, sequence and urgency.

I do not refer only to the messages that I publish in the *Golden Book*, but also to messages that are very personal and are concerning the near future.

So what is my take, regarding the messages of the *Golden Book*, at this time?

This assesment can best be stated as: There are more months than years, and there are more weeks than months.

While a time frame is still indeterminate, it illustrates, that the time frames to which the messages refer, lie not in the distant future but are in rapidly, possibly even accelerated, arrival.

#2: Fears - The growing chaos

I remember a comment I read recently. The idea of: "What is light and love?" or "Everything will be fine?" and "You look at the chaos out there in the world, and good things are supposed to happen?"

These ideas express bitterness, loss of faith and hopelessness.

Therefore, I would like to address this "chaos".

Perhaps one or more readers will recall what my *Higher Self* said in relation to the "carnival" mentioned. (see also section "Background" on the website).

One of the great challenges of our lives - that is, for our consciousness - is to recognize the illusion behind everything.

In the metaphor of my *Higher Self* we are as a soul at a "Carnival". We are amazed and can play, be mesmerized and can look and be frightened; we can laugh and cry and we can experience all facets of our emotions.

Our soul experiences!

Sticking to the image of a carnival, we find ourselves in an incredibly exciting roller coaster ride.

We are firmly strapped into the car, and race with great speed, in the last turn of the roller coaster.

It is a very tight corner. We are now witnessing the entrance to this sharp curve, already feeling how the centrifugal forces are beginning.

With a shriek of delight in anticipation of the jostling, others may perhaps scream in terror, a few might even sit relaxed with a smile on their face and just enjoy the thrill ride.

But one thing will be the same for all - in a few seconds, the ride will be over, the car will slow down, and then gently, slow to a stop.

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We will all get out, still breathless, overwhelmed, laughing and say:
"What an exciting, unforgettable adventure!"

While we leave exhilarated and high in spirits by the outcome of the roller coaster, our eye catches the long queue at the entrance.

Knowing and understanding, we smile to those who wait...

Alfred

Editor's note: Alfred has touched on a very significant issue regarding what is happening to humanity at this time, and that is "to recognize the Illusion behind everything". A difficult concept to be sure, but here is a very intriguing video that best explains this illusion, this Hologram that we all find ourselves in at this moment in Mankind's history: [Video](#)

On January 28, 2015

All afternoon I felt a strong desire to visit my Inner Temple to seek shelter in a new revelation.

By early evening it was time. After an appropriate interval, I entered the room.

Waiting by the *Golden Book*, which lay on its podium, was a friendly and smiling *Jesus*.

He motioned for me to turn to Page 24 of the book. There I saw a beautiful gold Laurel wreath.

Jesus:

„The vibrations will intensify now!

Feel your heart, the power that it contains; it is now the moment when you realize who you really are.

See the red of the sky when the sun fades.

***Breathe the Fire of Love,
it carries you into the new world."***

Comments

- I could feel how His words sounded and I remembered that the aura around my heart chakra had become larger in recent weeks and my chest felt as if it were glowing hot.

- Again, as part of the message, there is a reference to look at the sky.

Another Message at midnight

After a brief, restful yet dreamless sleep, I woke up ,and suddenly I was now alert.

I heard, loudly and clearly:

„Message for humanity!"

"A dream!", I thought, and turned over, wanting to slip back into a deep sleep.

But then, a great force came thru and a communication began.

I jumped up, ran to the desk and received a moving message:

„Dear brothers and sisters,

We are your relatives of Inner Earth

Deep in our hearts we are connected to you, can you feel

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how much we miss you?

You see us adorned in festive dress, resplendent for the great celebration of our Reunion.

Let yourself be driven by your emotions, for the power of truth leads you and you are deeply connected to us through the bond of love.

When the portal is opened for all eternity, we will be waiting for you with tears of joy.

We are greeting you. We, the people who are you.

The seed that you have nurtured has now matured and blossomed"

As I write this, my eyes glance at the clock. It is 00:02 am!

I perceive this message as the dawn of a new day, the beginning of a new era...

Comments

- This message was very powerful, as if a large group of people had spoken the message simultaneously. Nevertheless, it was full of clarity and purity, marked by deep emotion.
- Later in the night, I had a wonderful lucid dream. In it, I sang along with many other people a wonderful, a seldom used song, a song that I had never heard before, and I was overcome by a great feeling of love. The title of the song was "Together".

Editorial note

In ancient times, a Laurel wreath was often bestowed to someone who had successfully completed a great endeavor!

On Januar 31, 2015

Shortly after three clock in the morning, I woke up.

For days I have felt a tremendous energy that flows through me with every breath I take.

At this moment I felt it even more powerful & intense. Every cell in my body filled with a powerful force, it seemed to literally take me away.

My *Inner Temple* awaits me!

I stand on the square in front of the temple, which shone in a bright, golden light.

"*Temple of the Sun*" comes to my mind, as I went up the steps to the portal and there were characters - like ancient Egyptian hieroglyphics - adorning every single step of the stairs.

A thought appeared to me suddenly with the word "*Sirian!*" as if to explain their (hieroglyphics) origins.

I walk into my room and I am captivated by an unearthly, golden glow, such as I have never seen before.

Ahead, at the altar, was the immense, wonderful white light of *I*

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AM.

I AM: "My son, are you ready?"

Alfred: "Yes, I am ready."

I AM: "Now, listen"

Taken and touched by the sublime light of *I AM*, I receive the following message, a message for humanity:

I AM:

"My children,

the world will now be upended!

It is not my anger that I send to you. It is my love, my children, that I send you.

Trust the signs within you, in your heart, when the hurricane of love pours over you,

Hold fast to your faith in me, to your father, your mother.

Nothing will ever be the same.

The light of love will outshine everything - for now, forever and ever.

Nurture your heart, your sanctuary.

It carries you forward, into a new era of perpetual peace.

I tell you, the time is near!

In eternity

Amen."

Deeply moved by this message I ask:

Alfred: "Father-Mother is this message for the Golden Book?"

I AM: "The page will be "The Night of Change"

Deeply touched, my gaze goes out into the evening sky, up to infinity, filling me with a great longing...

On February 1, 2015

It was a restless night. I woke up several times and fell back into a deep sleep. The last few days & nights may have taken its toll on me.

Early in the morning, I finally gathered enough energy & now looked forward to visiting my heart space

I knew a new message for the *Golden Book* would be waiting!

As the day before, I was immersed in the shimmering gold inside of my temple, & saw the intense white light of the *I AM* from which emanated an infinitely deep peace.

I greeted *The Light*. I was very happy to once again see it.

***I AM: „This is a new chapter,
"The Transition"."***

Alfred: "Is it Chapter 3?"

I AM: „Yes, it is. Write it down and tell:"

I AM:

"The beginning of a new day commences at night; the power of Love shines with great splendor.

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Stay alert for the moment that changes everything inside you, bringing in a new era.

The clock will strike with a powerful chime & will shake the earth deep within.

It is the announcement of a new Age!

Raise your eyes to Heaven's omnipotence; it is your home, which you will see again soon.

So be it.

Amen."

On February 2, 2015

The intense vibration in my body woke me up early this morning, after a dreamless night.

With each day the vibrations seem to be getting stronger and activates every cell of my body.

After a short preparation I entered my *Inner Temple*, knowing that a new message for the *Golden Book* awaited me

I AM: "My son, do you feel your heart, do you feel like it propels you? Do you hear the sounds that surround you?"

Alfred: "Yes, I hear..."

I AM: "It is my love that surrounds you. Listen and write:"

The word "Hurricane" defines my thoughts now and describes the following message of *I AM*:

I AM:

"It is the roaring of Love that you now hold within.

Remain in peace and deep faith.

It is the night that makes you fear. But see, the day is already showing its face.

The period of darkness will not be long now, my children.

Have confidence and feel the love, with which I surround you. For it is the power you will need for the next step, the step that you so much yearn for.

Feel the waves that envelope you, let it flow around you, do not stop it.

Let it happen, because it is my will.

My will, that is to be done, now.

Pay attention to your eyes and feel the love in your heart.

It is time. Now.

I wait for you, my children.

In eternity

Amen."

On February 3, 2015

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I wake up feeling fresh, the heavy weariness of yesterday has been resolved.

An inner voice tells me that a new message for the *Golden Book* awaits me.

I glance at the large image of the *Flower of Life*, which adorns the entrance to my *Inner Temple* and look around; it is so peaceful, so quiet.

The bright, non-glare, soft light of the *I AM* is expecting me. I feel a smile.

I AM: „I am pleased that you contemplate my words. A new page is added, page 28 - "The Sound". Write it down:"

I AM:

"Listen to the night, the wind whistles and the sound surrounds you. It is your heart calling you home.

Feel the wave that will carry you when the call of the owl echoes.

Nothing will hinder you and nothing will frighten you, for I am with you, I, your father, your mother. I will carry you in my arms, across all divides.

Now listen to what is heard within. It is the call of love that brings you home.

In eternity

Amen."

On February 4, 2015

I still feel overwhelmed by the lucid dream sequences that showed me another dimension, full of colors, wonderful encounters and incredible beauty.

It is the middle of the night, but I am still energized, as never before.

Out of sorts, I try to feel my body, my arms, my legs, but they feel unusually different.

My body seems to glow from within, as if molten metal were flowing through each vein.

I enjoy being in this state, because I went through such a huge, cozy and gentle energy, that I have never before, experienced.

Allowing myself to feel this wonderful occurrence, I let myself drift away and received a sudden message from *I AM*.

It is a new message for the *Golden Book* and it is addressed to all people. It is titled, "THE NIGHT".

I AM:

„The night which frightens you will fade, because a new day dawns. It is a time of change that you so longed for.

I will give you wings and together, you will all lovingly reach

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a new shore.

Do not fear my children, this is important because fear is the stone that blocks your way. Do not be afraid, because nothing can hurt you, you are my children.

Behold the horizon line. It is your golden future, and shows you where your path will lead you.

Love one another, and hold each other's hand, for you will soon be where peace will reign forever.

Amen."

Note from Alfred:

The title of this message was emphasized by *I AM*, and for that reason, the title is in capital letters.

I feel that this is a special night.

On February 5, 2015

Over and over I wake up, and then a few seconds later I sink back down into a deep sleep.

In those brief moments of wakefulness, the image of a golden anchor constantly repeats

Deep down, I know it's the title of the next message.

At 2:00 clock in the morning it is time. From *I AM*, I receive a new message for the *Golden Book*. It is called "The Golden Anchor" and is addressed to all people:

I AM:

"Feel the small light within you that is growing larger. Do not trouble yourself with things that vex you, because they will dissolve in the winds of change

I will never leave you, for I am within you, deep inside, where in your heart, is the center of your power.

Do not be hesitant, if I call you, because it is the call of home.

My children,

listen to the call of love that I AM.

It is close!

The Return

In Eternity

Amen."

Note

The title of this message was unusual for me. First, I did not see any reference in the message of the *I AM*, nor did I understand the context.

I did research on the internet and quickly come across the following

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statement on the symbolism of the anchor. It is a Christian symbol:

Anchor

"The anchor is a symbol of hope, optimism and salvation. In the port, the anchor secures the location of the ship on the high seas and provides security during storms. Similar to an anchor, God's love becomes our life support. Even if we die, we stay connected to God. He has a place in heaven prepared for us. (cf. Hebrews 6,18ff.) ..."

Source: [Christian symbols and their meaning](#)

On February 6, 2015

In the early morning, I received a new message, "The Call", from *I AM*.

It is very symbolic and I feel it has a great urgency:

I AM:

„When the call is heard, seek the light within you. Hear my words, for they are the path that takes you into the light.

Listen to the wind raging in the night in which announces the new day. Do not wait until it gets dark, seek NOW for the light that shines within you.

***My will be done,
before the Lamb sees the day.***

I am with you, and will lead you to the path that brings something new. Listen to your heart, for it is the truth, the truth that resides in the dark.

***So be it.
Amen."***

On February 7, 2015

Upon awakening I clearly hear a word, a phrase, which I interpret to mean, "The Bell".

I suspect that a new message for the *Golden Book* is waiting me and so I make sure:

Alfred: "Father-Mother, is this the new message, "The Bell"?"

I AM: „Yes. Transcribe this now:"

I received, from *I AM*, one of the most profound messages:

I AM:

"When the bell sounds and the earth trembles, then the time has arrived.

Pay attention to your eyes up to that time, so they will not

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***dazzle you. Remain deeply humble during this time.
Respect your neighbor because he loves you, as I love you.
There is no hatred, no envy, be clear in your thoughts.
My love for you will go with you, up to the moment you are
longing for.
It is the moment of the elevation, which is approaching now.
Be awake and pray.
It can illuminate your hearts.
We will see you soon
In eternity
Amen."***

On February 8, 2015

This morning I received the following message from *I AM* for the *Golden Book*.

I AM:

„We listen to each other and we laugh; is it not what our hearts desire?

This is what you shall do now that you are aware. Enjoy each other in the last days before the world changes.

Be full of confidence, when I call you into the new golden time.

Have no fear when the thunder rolls and the earth quakes. I am with all of you, in this new world and will hold your hands and escort you.

The clock is ticking away, inexorably.

Be prepared for the moment.

Your heart will lead you

In eternity

Amen."

Alfred: "Is the title of the new page that I heard, "The Dusk"?"

I AM: „Yes."

Then *I AM* replied:

I AM: „You will be embraced by the dusk, soon..."

On February 9, 2015

As if someone touched me gently in my deep sleep, I woke up.

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I smile because I know a message awaits me. I am ready!
The title of the new page "The Great Silence" filled my mind and *I AM* begins to speak:

I AM:

"If there is a great silence, then the moment has come in which you venture into the new world.

Let yourself fall into my arms, I will support you. I will guide you and show you the wonders that await you.

Be steadfast and raise your eyes, until the light shines in your face.

The feeling...

You will be full of joy, love and gratitude.

The power of Love, which pours forth upon you, will be never ending. So, holding fast in this moment of silence, it surrounds you.

When I receive you in your new paradise, nothing will be as it once was.

Forever and ever

Amen."

10 February 2015

During a restless night, during which I woke often, accompanied by the strong vibrations in my body, I received the following new message for the Golden Book early in the morning.

I AM: "The light is rising, the restlessness increases.

My children, have courage to face the changes.

It seems like everything is getting out of control, isn't it?

Listen to your heart, when the truth shows itself and be full of hope.

"No stone remains untouched" is something you would say, when the mighty storm of truth unleashes its power. Listen to your heart!

See, it won't take long anymore, till I take you in my arms.

My arms of love, which protect you and give you strength. The power, which you gain for the big change, the change into the light.

In eternity

Amen."

On February 11, 2015

During all these past weeks, this was one of the most intense nights

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for me. Again and again I woke up and felt my body resonate strongly. I experienced repeated short, out of body, experiences, as I intensely processed the incoming energy thru the body.

The next message for the *Golden Book* was finally introduced by a short, lucid dream sequence in the early morning:

I was standing in a small, cozy living room and grabbed a book lying on a table. I opened the first page and read aloud: "Chapter 1, The Fifth Ring".

As I walked to and fro slowly, I puzzled over and over again, that new sentence. It seemed strange to me that the title of "The Fifth Ring" was connected with a "Chapter 1". In the dream I wondered about this, because we are actually on Chapter 3 in the Golden Book.

Somehow it did not make sense to me.

Suddenly the door opened to the living room. An older man came in and sat down on the sofa obviously listening to me, while I constantly muttered to myself about this sentence.

At that moment I woke up suddenly and I knew that *I AM* would now tell me the next message for the *Golden Book*:

Alfred: "The Fifth Ring" is it the title of the new passage?"

I AM: „Yes, it is to be page 36. Write this down:"

I AM:

"Pray that I may reach you in your open heart.

My power is shown to you in order to pave the way for the door into the light.

It has been a long time that you have lived in the dark depths of the world, full of suffering and dangers. But behold, you have seen the light, which now leads you home.

Guard your heart from now on, it is honored and strengthened. A stream of love glides you towards the large entrance that is now open.

You will soon see other worlds, full of beauty and splendor; that is what awaits you.

This ring of love, which is eternal, has now reached the end of an era.

Forever and ever and ever

Amen."

Note

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- Today, a very symbolic message was given.

After I had written the message, I tried to understand the deeper meaning.

Suddenly I had an idea. I followed this impulse and researched for synonyms of "ring".

And indeed, I found the solution! A synonym for "ring" is the word "cycle"!

You can now replace, in the message, the word "ring" with the word "cycle", and you will see the end of a red thread that you only need to pick up to go to the first hidden meaning of the message!

Within the passages of the *Golden Book*, step by step, unfolds a great and indeed amazing, picture!

On February 12, 2015

After waking up this morning, I received another message from *I AM*. It is page 37 of the *Golden Book* and it is titled "The Miracle".

Again, the message is addressed to all people:

I AM:

„Look to the sky, I will meet you there.

Pay attention to the coming signs. They may overwhelm you, but do not fear.

My strength is my Love; trust it, when it reaches you.

The night will be dark, but it will pass. Breathe deeply, so that you stay in this singular moment.

Take the hand of your neighbors, as if they are your children. At this time, give freely of your comfort and confidence, which is so very different from what they have known.

Hold fast to your faith in me when the winds of change find you.

The miracle is coming. Allow it to happen to all of you.

It is so close

In eternity

Amen."

On February 13, 2015

When is the moment reached when a dream matches the quality of

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our everyday reality?

I wake up from a dream so vivid and realistic, that it is difficult for me to shake the memory of this lucid experience.

In a stunning finale, the protagonist of the musical "Shirley Bassey" sings, a few meters standing in front of me, with a loud voice the last verse, accompanied by a dynamic crescendo of the orchestra. With the last note, the height of the moving piece, I wake up suddenly and am completely aware.

The next message of the *Golden Book* waits for me! I find out the title of the new chapter, page 38 - It is "The Rainbow" and *I AM* begins:

I AM:

"Rain watering the earth, light passes through your body.

Thus, the change is for all people of the world.

Is that not wonderful? You shine like a diamond against the black velvet of the sky.

Nothing can prevent your greatness, because you are all my children.

When the door opens for you, have courage for the next step. Love yourselves at this moment, for you have done a wonderful thing, something eternal endures.

I carry you with my love out into a new world that is full of wonders.

Rejoice, for the time is come.

In truth

So be it

Amen."

Supplement I

During the day I had additional guidance for new information, which amazes me. It concerns "Shirley Bassey" (dream) and the today's message "The Rainbow" I've received from *I AM*.

At lunchtime, while I was on the internet, I suddenly felt the urge to look for the words "Shirley Bassey" and "Rainbow" and searched for "Rainbow".

Although I already had a good idea, I was still overwhelmed by the result of the search.

In the late '70's, Shirley Bassey had a hit with a song titled, of "Over the Rainbow"!

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If you are interested, I would like to recommend going to the following link for the lyrics of the song.

Perhaps you will understand why I am, in retrospect, overwhelmed by this message...

Song: [Over the Rainbow](#)

Supplement II

I like to thank *JD* for giving the wonderful information about the song "Somewhere Over The Rainbow". This song was first sung by *Judy Garland* in the old "Wizard of Oz" of the 1930's!

Remembering the todays message from *I AM* I was moved to tears when watching the movie clip [Somewhere Over The Rainbow - Judy Garland 1939](#)

On February 15, 2015

Tonight I received a new message from *I AM* for the *Golden Book*. The title is: "The Tempest".

I AM:

„We are moving into a new era, my children.

You have now reached the summit, as if in a roller coaster, which allows you a fantastic view.

To get to your destination, you will once again pick up speed, shriek with delight in pleasure, cling to your neighbor, and hold your breath.

Behold, with great speed, which is coming to an end, it is an exciting time.

You are on target ... almost.

Enjoy the last few meters, let your anticipation run wild.

It is all arranged.

Have faith in me, who loves you so much

In eternity

Amen."

On February 16, 2015

As I awoke at 01.00 clock this morning, a new concept permeated my thoughts: "The Thunder". I feel that a new message from *I AM* is waiting for me and so I make sure:

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Alfred: "Father-Mother," is "The Thunder" the title of the new message?"

I AM: "Yes, it is. Do you feel the rising energy?"

Alfred: "Yes, I feel it distinctly."

I AM: „This is the preparation for the big moment. My Children, do not be afraid."

I AM continues with a haunting message:

I AM:

"What was predicted in many ancient writings has arrived. It was predicted that people would take a new path, the path of love, joy and harmony.

It happened over and over, to awaken, to give humanity a chance to feel the light that glows in their hearts.

Behold, there are wonderful experiences that you did as a soul, as a part of me.

Your lights shine like diamonds around the neck of a beautiful woman.

You are now a bride that walks down the aisle, ready for the wedding. It's a great party, a wedding that has no equal.

Adorn yourself for this moment, with the love that you carry in your heart.

The groom is waiting for you

In eternity

Amen."

On February 17, 2015

After a quiet night with deep sleep, I received another message after waking up in the morning, from *I AM*. It is titled "The Moonlight":

I AM:

„I love you, my children.

Look upon me. Like a light in the dark firmament, your way back to me is illuminated.

It is a long time since I have sent you to bring light into this

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world that you call Earth.

There has been much suffering. There have been many tears of sorrow shed, because you did not know your origin.

The end of that era has now arrived.

Look forward to the next big step for humanity, that I dearly love.

You ALL are my children, you stand before your father, your mother.

That is why you hold hands, look in each others eyes and recognize the love that is deep within you.

It is MY love that you see

In eternity

Amen."

The title of this message makes me curious and I asked for the correlation:

Alfred: "Father-Mother, why is the title of this message "The Moonlight"?"

I AM:,,The moon is the symbol of the love of a father, my son.

When seen in the glow of its warming light, it is gentle, yet shines bright. Even in the dark night, it illuminates your path.

Note

Although the moon was worshiped as a male god in the history of different cultures, it is widely understood in this day and age as "Mother Moon".

At first I assumed, therefore, that I had "questioned" myself, for *I AM* made reference to the "love of a father" symbol.

A little later I learned, in reference to my question, that the "feminine principles" of the masculine, forms the basis of this symbolism.

On February 18, 2015

I got a new message from *I AM*, during the night, and it is entitled "Diamond in the Rough":

I AM:

"A long time has passed and now comes the dawning of the morning; the dawn of a new era of peace and joy.

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You are the ones, who have enabled this time, that you now enter.

The rays of the sun will fade to make way for the rays of this new space and time. Shade your eyes for a moment, when the splendor of the Golden Age reaches your mind.

Do not hesitate to take a small step which allows you to see a new world.

I'll be with you forever; share the power of love that you always feel within you.

You'll sparkle like a rain of gold dust, in the light of the eternal sun's refraction.

It is a rough diamond that is now polished and all its loveliness will show in this Universe. A Universe that will bow before your beauty.

So do not wait to share your light, for the moment of the revelation of your beauty will be soon.

So be it

In peace, forever

Amen."

On February 17, 2015

Shortly after midnight, as I woke up and collected my thoughts, I heard the voice of I AM.

I AM: „It is time for a new message."

Alfred: "Father-Mother, what is the title of this message?"

I AM: „"The Clock Strikes 12".

Breathe deeply and calmly and write down the following words:"

I AM:

„My children, the time is coming in which the hands of the clock reaches its destination.

There is a roar, a storm, that rips you out of your sleep. It is intended to direct your attention to what is to come; the

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crack of time, that makes time stand still.

Do not be afraid, it will be over soon and will I stand behind you, to strengthen you. Have faith in me, in my omnipotence, which raises you onto the threshold of a new era.

Be courageous in what you do.

Trust your inner guidance in this great moment that has never happened before.

I look forward to you and all the hosts of the angelic realm, rejoicing.

The time is near when the miracle comes true for you.

In peace, and for always

It is I

Amen."

Thoughtfully, I look out into the darkness and gaze up at the sky.
A deep inner peace enfolds me...

On February 20, 2015

I am still mesmerized by the message of the *I AM* that I have just received.

The message for the next page of the *Golden Book* is entitled "The Moon Tumbles":

I AM:

"My children, "The Moon Tumbles" means that the day of truth is approaching.

Through many eons of time you were convinced that the cradle of your origin was here on Earth. Do not be surprised and listen when the winds of veracity reaches your ears.

Deep in your heart you know and understand, that you, who are my children, are children of the Universe.

Let the truth flow into you and enjoy the knowledge of who you really are.

There will be much joy and wonder, as the blanket of darkness and ignorance is removed.

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So this is what awaits in the next moment, which will bring forth the Truth.

In eternity

Amen."

On February 21, 2015

In the afternoon, I received the following, very profound, message from *I AM*. It is titled "The Last Time":

I AM:

„It is now the last time that I will prepare you for the new epoch you see on the horizon.

Have confidence when the storm unleashes over you. It is a cleansing, which is important.

This period will not disrupt your day for much longer. Have faith in me, I will protect you.

Fate now provides your transition and new life blossoms in the eternity of love that I AM.

So be it, my children

Forever, forever

Amen."

This message resonated deep within me and touched me in my heart...

Alfred: "Father-Mother, did you say I will no longer receive messages?"

I AM: „You will receive new messages

that will lead to a world that is so different from what all have experienced.

A new chapter is being written, which I will reveal to you soon.

Pay attention to the wonders that await you."

On February 21, 2015

Prologue

When I published the final message of Chapter 3, I was convinced that there would be no further gifts through *I AM* for the *Golden Book*.

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The more I was surprised by an e-mail, which arrived at the same time when I published "The Last Time" on the website of the *Golden Book*.

The e-mail was sent from *Marah* to me. In the e-mail, *Marah* - still overwhelmed by her contact that had happened minutes before - received a message from *I AM*.

She was told, "You have now been given the task to fill a new chapter of the *Golden Book* with messages of *I AM*, as well as from other light beings.

Deep in my heart I immediately felt more, I knew that her statement was true.

We agreed that the next day we would coordinate our phone call for this surprising change for both of us.

Of course, I was very curious to find out more and I asked *I AM* to give me more information about this wonderful news.

I AM confirmed that *Marah* would now provide the next chapter of the *Golden Book* and told me the title of this new Chapter 4. It is "The Goal".

Marah and I called as arranged on the next day and talked about the content of her first message.

We both felt a very special energy in what *I AM* now began to convey.

The style of the message has changed. It is now clear, direct, and thus provides a growing urgency.

When I looked back at the previous message "The Last Time" after the phone call, my eyes stopped on the first sentence of the message given by *I AM*:

"It is now the last time that I will prepare you for the new epoch you see on the horizon".

Only now is the meaning of this sentence is really clear!

I AM has completed our preparations!

A new phase has begun!

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Here is the first message of the *I AM* of the new chapter, obtained from *Marah*. The message is addressed to all people:

I AM:

„Whoever believes in me, in the light of universal Unity and for those who still need guidance, it will be provided.

I AM, today and forever.

The creator of All-Beings tells you today that the dark side has been contained.

Joy will reach Earth.

The light of the world blossoms more and more.

There will be a time of material deprivation, but only for a short time.

Be in joy and serve"

Supplement

Over the past few weeks, I realized that the individual messages of the *Golden Book* go deeper than it may appear at first glance.

It is not until the second or third reading, that you will discover hidden details and directions to many destinations.

When I inquired, I was told that the symbolism of the messages is by design.

Although the meaning of individual messages can not be realized initially, they display deeper meanings when they are viewed in the context of other religious texts and prophecies.

I now understand why a few years ago, I received one of my first messages I have since never forgotten:

"The prophecies are now true!"

The sender was John...

On February 23, 2015

Marah received this morning another message of the *I AM*, which is very urgently.

I AM:

„I, the creator of All Beings, am willing to forgive all souls who have denied and ignored me.

I AM the beginning and the end, there is no way past me.

The Prince of Light, my son Jesus, has already gone through fire for you. He has freed you from the Dark Forces, you need

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only acknowledge. That is the way of it.

I, the creator of All Beings, say to you:

Go in peace in this new era. Do not be afraid. Forgive yourself and everyone who has supposedly inflicted suffering. The time has come, the time of forgiveness is now.

I respect you and your free will. But now the era has passed, when you were able to do what you wanted without feeling the consequences.

This means that the time of "Let's see if...", "I think..." is finished.

From now on you shall be aware that Love is the only way.

Make use of the coming interlude.

I love you.

I AM"

The increasing clarity of the words of *I AM* conveys to *Marah* and I that the "time" is fast approaching.

On February 24, 2015

Today, early morning *Marah* received a message from *Mother Earth* for the *Golden Book*:

Mother Earth:

„Dear ones,

I am Mother Earth that loves you and nourishes you.

Do not fear the time when I will free myself from the stress of the past millennia, it is close, very close.

It will not be as bad as it is written in many of your writings and messages.

These messages have done a great deal to ensure that the Light was safeguarded. But there are still many burdens on and in me.

Therefore, I ask all of you to delve deep into forgiveness. Also ask for forgiveness for your past life on this earth. It cleanses my spirit body and also the body that gives you the ground beneath your feet.

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Be in joy, even if it sometimes seems very difficult.

Go into your heart and ask for the energy of Joy. It may not work the first time, but if the Angels realize your intentions, they will help you.

"I am your mother and I love you"

Supplement of Marah Marah

It is now quiet for a moment and out of the earth comes a huge bouquet of flowers next to two dear little creatures.

I smile and tears come to me. Any reader may pick a flower and express gratitude in their heart.

Thank you Mother Earth, thank you, thank you, thank you. I am full of joy and gratitude.

Note: If you can not visualize the flowers, it does not matter. Think of a flower that you like, ponder the arrangement, and bring them lovingly to you, into your heart.

On February 25, 2015

This morning Marah was given a new message for the Golden Book:

Faith:

„I am Faith,

I am aligned with Archangel Michael and I lovingly want to say this to you today:

The world around you will be reconfigured. You will feel it soon. The time of challenges will also not be over, it will become challenges of another kind.

You may learn that Love and Joy, will lighten and brighten your path. Accept the challenges, rather than fighting against them.

Let us all go, in love, towards what troubles you.

We, the light nature of God, are aligned with Joy on this side.

But you must beseech us.

So be it. So be it. So be it.

Amen.

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In deep love for you

Faith."

On February 25, 2015

The messages are now coming at shorter intervals. Late in the evening, *Marah* received another message for the *Golden Book*. *Sanat Kumara* directed the latest message, "Joined Ascension With Earth" to all people:

Sanat Kumara:

„Beloved Beings of Light

yes, all who are reading this, you are Beings of Light.

I am Sanat Kumara and I'm your father.

The light is now expanding more and more on your planet, much to the delight of all universes. You will not be able to recognize that now, everything has changed tremendously.

Mother Earth is increasingly pleased with the tremendous amount of Light that emanates from you. Large amounts of Light Energy has been manifested by your prayers for forgiveness.

The Earth can now be further cleansed and ascend at the appropriate time, which means that it will rise with you to a higher vibration.

Some of you are already aware of this. I manage the affairs of the Earth.

Now that the veil is lifting more and more, you will become better able to recognize who you are.

We all look forward to seeing you.

In deep connection

Sanat Kumara"

On February 26, 2015

In the evening, *Marah* received a very powerful message from *Kuthumi*. It is titled "The Coming Days":

Kuthumi:

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„I am Kuthumi, and I have come to bring you greetings from the Light Nature of the cosmos.

The Lord our God, asked me to deliver, to our beloved Marah, a request that is now sent to all of you.

Venture into this coming time with increased attention to the lower energies which are: fear, doubt, hate, and fear of change.

When you are situated in Love, you will always be taken care of. Ask the Light Forces of the cosmos for assistance. In this way they can lead you in the right direction.

The time for change is close, very close. It is also dependent upon your thoughts, your emotions, and your words. In the beginning was the Word, which also includes thoughts and feelings.

Now, during this time, be vigilant.

The spiritual world is watching over you, but you bear a large part of the responsibility for yourself. All persons must help themselves.

The Lord our God is a great God, who has opened the gates of heaven wide, for the light of Grace, Forgiveness and Love for all that is.

Let love be with you all.

Kuthumi"

On February 27, 2015

The messages are coming in shorter intervals. In the early morning Marah received a new message for the *Golden Book* entitled "God Is With You."

Mary Magdalene addresses the message to all people:

Mary Magdalene:

„I am Mary Magdalene and I love you all.

Even though you now feel anxiety or fear before the Change, you are in the Light.

A belief in a life of joy and love is important. Focus your thoughts on a life of ease, and you will see how your life will

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be one of enjoyment.

God and the Host of Angels are always with you.

Do not be afraid!

Greetings in the light of the ALL-ONE.

In deep love

Mary Magdalene"

On February 28, 2015

Marah had yesterday received the last message and she said goodbye with deep gratitude that she received messages for the *Golden Book* and could write a chapter in it.

The farewell was an emotional moment for me.

Last night I woke up, feeling the wonderful presence of the *I AM*.

I AM: „Are you ready?“

Little did I know that now the moment of a new chapter had arrived that had been announced a few days ago.

Alfred: "Father-Mother, a new chapter?"

I AM: "Write THE RETURN".

The title of the new chapter appeared in impressive capital letters. I felt the importance of this new chapter...

Alfred: "In capital letters?"

I AM: "Yes. Now write:"

I AM:

„The end times are now and a new beginning will arrive!

My Children,

it's time to sit and smile while looking back.

***Is it not wonderful, and great, what you have done and seen,
in the many eons of your life here on Mother Earth?***

A gentle shiver runs thru you, is it not so?

It is done, the harvest will be forthcoming!

My Children,

***I, the Universe, and all the life that I created, now bows to
you, for what you are!***

***In a wonderful light, you are equal to the reflection of a
finished diamond, and you fulfill space and time; all that was
ever created and will be made.***

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It is your radiant face letting pause a moment.

***My Children,
how much I love you, how much I love you, you who came
forth from me.***

The return has begun, it is the return to me, to the Light.

***So be it; now all my children, all bow before you, you that
are soon to be in the Light.***

Forever and ever

Amen."

As I write these lines, there are tears of happiness flowing down my cheeks...

On March 01, 2015

Last night I received a new message for the *Golden Book*, from *I AM*, which again has the title of "The Night". This message emphasizes previous messages received and which are significant for the time which is immediately before us:

I AM:

***„My Children,
the day is now drawing to a close, the time of night begins.***

***Do not be afraid of the moment of darkness that covers you
like a heavy coat.***

***It is a time when the seriousness of this takes your breath
away; but see, the horizon line announces the time of a
wonderful morning.***

***There is hope and confidence that carries you through the
cold night, that brings you joy when you think about the
dawn of the new day.***

***I AM with you at this time, you are carried on a Steed of
Love, into a new world, which provides the happiness for
which you so yearn.***

Trust me, your father, your mother.

Now, for ever and for ever

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I love you

Amen."

On March 02, 2015

I open my eyes and feel the loving presence of the *I AM* in the darkness.

Even though I was not dreaming, I heard in my mind, this one touching part of the song "To Believe" by *Jackie Evancho*:

"...And we'll see in one another, The Loving Image of You..."

II give myself entirely to this wonderful moment of silence and feel peace...

I AM: „Are you ready?"

The Voice of the *I AM* still seems gentle and loving but also solemn in tone.

I receive a very special and deeply moving message that is titled "The Wedding":

I AM:

„My Children,

the time has come, your dress is fitted!

We look forward to your great step, the step towards the altar of love, which you now walk, as a bride adorned!

Is it not wonderful? You have waited so long for your groom and have been longing to meet your Beloved.

Go therefore, with a bold step, accompanied by the sweet songs of the angelic hosts leading you to your eternal life.

You are majestic, indeed, a noble bridegroom worthy of He who extends His loving arms to receive.

Look into His eyes, take note of His smile, from which deep love tells of the uniqueness of eternal life.

Be ready when the wedding bells sound.

The time has come!

In eternity

Amen."

I lean back and sink into the deep love borne by the tune of "To Believe".

When the little angel at the end of the chorus rises to sing "And we'll see in one another, The Loving Image of You" tears of infinite

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happiness cover my cheeks...

[Jackie Evancho - To Believe](#)

On March 03, 2015

At 3:00 clock in the morning I was gently awakened by *I AM* with another message for the *Golden Book*. It is Page 56 and is titled "The Rose":

I AM:

„My Children,

is she not beautiful, this Rose of Love which you are?

My wish is that you find happiness in a world which unites with you, from now on.

It is the fragrance of love that permeates this world, deep inside of every person, every Being that I created.

My will be done now, to wear this scent in this age that you call Golden.

It is the end and the beginning in the same moment, which now places you in this new world, as a swan balanced; stretching its wings as it reaches a new shore.

We will soon be united where the Light of Love has its beginnings,

***In eternity,
Amen."***

On March 04, 2015

Before going to sleep I unexpectedly received the term "Squirrel" from my *Higher Self* and was asked about the essence of this beautiful animal.

Then I fell asleep and had a very vivid dream which dealt with this very question.

Because of this dream, I now woke up now, trying to organize my thoughts.

I felt the loving *I AM* Presence and knew that another message for the *Golden Book* was waiting for me:

I AM:

„My Children,

when is the moment you await, occurring?

It occurs when you are ready for it!

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If you have opened your heart, then the power of Love can capture you in all its glory.

"Am I ready?" This is now the question that every single entity, every child that delights his father, his mother can answer.

He who loves his neighbor, loves Me.

He who loves himself, loves Me.

He who loves the plant he touches, loves Me.

He who approaches an animal with joy and respect and loves from his heart, loves Me.

It is the Love that you have within you, that now determines the moment.

The time has come.

***In eternity
Amen."***

On March 05, 2015

After a quiet and dreamless phase of sleep, I woke up. It is so quiet and peaceful.

I feel the presence of *I AM*, it seemed affectionate, smiling

I AM: "Now, write..."

At that moment, something unusual happened.

As *I AM* instructs me to write down the message, a part of the moving song "To Believe" by Jackie Evancho, that I heard a few days ago (see page 55, "The Wedding"), sounds.

I AM makes the wonderful verse gently resonate within me: "To believe in a day, When hunger and war will pass away ..." and it touched me to heartfelt tears, love and happiness ...

I AM:

***„My Children,
look at yourself in the mirror.***

What do you see?

"That's easy", you would say, "It is I".

***So it is, my children. When I see you, I see
Myself!***

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The Golden Book

***A sea of lights on the velvet of creation,
sparkling like diamonds, pure as a diamond that
has no equal.***

***Be proud, with a feeling like a loving father, a
loving mother, as her growing child is admired.***

***It is a wonderful thing that you see, when you
look in the mirror.***

You are Me!

***Your hearts light up when you realize that.
It is the glow of love in eternity***

Amen."

On March 06, 2015

After waking up, I see that it is 1:30 am and I receive a moving message from *I AM*:

I AM:

"It is time.

***My Children,
laugh and have fun, because the time is near, which will
raise you up.***

"How long?", you ask.

***It is your heart that leads you to this moment, a moment
that changes everything.***

***A world is going to ascend on the wings of Love in the
eternal realm of Happiness.***

Be ready, the moment is so close.

***Each and every one of you will feel it, the incomparable
Moment of Love.***

***Nothing like it has ever been seen before when you are
adorned as a bride and stand before Me.***

***In eternity
Amen."***

There are tears in my eyes as I write this message...

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On March 07, 2015

Last night I received a new message from *I AM*, which is addressed to all people. It is titled "A Greeting In Eternity":

I AM:

***„My Children,
the time has now arrived in which I open my arms to receive
you in Eternity.***

***For you, it is only a moment in time in which you wait to see
the Eternal Light; for me it is NOW.***

***It is the time in which Father, Mother and the Children, are
reunited in great happiness, forever and forever.***

In truth, let it be so.

Amen."

On March 08, 2015

During the night I received a new message from *I AM* for the *Golden Book*. It is addressed to all people and is entitled "Anticipation":

I AM:

„We are almost there, the goal for which you yearn so.

***My Children,
an aspect of your people, impatience, makes the wait
unbearable.***

So let me say this:

Trust me, I, who am your father, your mother.

***You have trust in that your father and your mother love you;
is that not true?***

***My love for you is boundless; it knows no ifs or buts. Do not
be distant from me and from the infinite power of Love.***

***So look ahead and see the door that opens for you, as the
bride who walks down the aisle of Love, full of anticipation
for the ceremony of Marriage.***

***It is the anticipation of the big moment that accompanies
you, during your last steps, and so, it is the anticipation of
the World of Love in your appearance.***

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***In eternity
Amen."***

On March 09, 2015

What a night! It seemed to me that a huge flood of energy was streaming constantly, reaching every cell of my body. My body resonates like never before when I woke up early in the morning and I received a new message from *I AM* for the *Golden Book*. It is titled "The Wave of Love":

I AM:

„My children, we have reached a point; it is called "Point of No return".

It is the wave of love that you now react to, with a force as never before.

Hang on to the seat of your life, trust yourself every moment you may now enjoy.

Follow your heart, listen to your inner voice when you now pick up pace.

Hold each other's hands, keep the love high to All That Is.

The ride is exceptional, I promise you that.

Be brave, bold and full of joy, because you see before you, the long-awaited goal.

***So be it.
Amen."***

On March 10, 2015

On the night of March 10, *I AM* relays a message titled "Arrival Of The Future" for all people:

I AM:

***„My Children,
we reached a high point in the history of mankind.***

Never before has a person experienced that which all will now witness: the ascension of an entire world!

Something wonderful, something unique, something holy now happens, comparable to nothing in its uniqueness.

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Look, there are wonderful moments of happiness that now flood over you, to wash away into another dimension that will appear foreign yet fascinating.

Wait for that one moment, rise up and look to the sky, which will show you the arrival.

The arrival of your future.

***So be it.
Amen."***

On March 11, 2015

All thru the night, the mighty stream of energy continues to rise. Again and again I am awakened up by the strong vibrations that seem to capture every cell of my body.

At 4:00 clock in the morning, I get a new message from *I AM* for the *Golden Book*. It is titled "The Threshold":

***I AM:
„My Children,
let us go on a great adventure!***

***Anyone who thinks as this, will received joy.
Anyone who loves this, will receive the light.
Anyone who moves forward, undaunted, will
achieve victory.***

***Who is incredulous, will stumble.
Who is fearful, will see the darkness.***

Do you understand?

***It is now your choice to take this step, over the
threshold, behind which lies a New Era.***

***It is you, who climbs into the sky, when the
door opens for you.***

So be it

***In all eternity
Amen."***

Note: significance of today's message

As today's message of the *I AM* is different than all

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the previous messages, I would like to elaborate on it and to go back a little.

There are people who have no relation to the "Golden Book", have no interest in the individual messages. It does not fit, approximately, in their personal worldview.

While others read the messages, however, are not so concerned, since the information contained therein for them is irrelevant or simply not be considered.

On the other hand, there are readers who recognize for themselves a deeper meaning of the messages. Whose meaning will occur to them after the second or third reading.

These people begin to investigate, try correlations with other messages and prophecies of different cultures and faiths as well as predictions in ancient religious writings to do research.

Some of these readers identify signs that to them, step by step - or for them at first glance, hidden layers are revealed.

Dealing with the "Golden Book" so as to "consume" the messages coming in fast, to discern in the background, context, meaning and personal reflection, may overwhelm. And everything is fine the way it is.

Today's message is different!

For the first time *I AM* has drawn in a message, clearly and in no uncertain terms, your attention to a particular section of the mIssive!

Why did God emphasize - if we want to use the Christian name of *I AM* - this passage?

Previously, *I AM* used the means of repetition to highlight certain aspects and to emphasize their importance.

Today it refers directly to the first part of the message!

Every reader will feel whether this message is important for him...

On March 14, 2015

After the last two nights of *I AM* urging us to deeply consider the past messages of the *Golden Book*, *I AM* then created a new, very strong message for all people. It is titled "The Great Leap":

I AM:

„My Children,

have courage now and take a great Leap!

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Look at the sky, which may seem unusual to you.

It is time.

Take care of your neighbor.

Take his hand in compassion when he seeks your space.

Give him support when he seeks your strength.

Give him love when he does not know how to continue.

Give him your light when he needs guidance.

Your time is now dawning, it is done!

Pay attention to the bell that will shake the world.

Stay focused and wait for the moment to arrive.

***So be it
Amen."***

On March 15, 2015

In the night I was gently awakened. I immediately felt the presence of *I AM* and focus all my attention to receiving a new message for the *Golden Book*.

I feel something "final"; it's hard to describe. The message is titled "The Summit":

I AM:

***„My Children,
take heart!***

We have reached the top!

Look into the distance, as the light now shines!

Have fun in this moment!

We love you and now welcome you.

A great time ends and a new era begins!

***It is the time that you call your Golden Age and where you
will now be***

***in eternity
Amen."***

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On March 16, 2015

Early in the morning, I wake up from a deep sleep and immediately feel the powerful and at the same time gentle, presence of *I AM*. Yesterday I suspected that the chapter "THE RETURN" would come to an end.

I AM acknowledges with this new message, opening a new chapter and motioned to me that this would be a very short chapter. The new chapter is called "The Wedding" and the first message of the *I AM* therein relates to the "Return of the Groom":

I AM:

„The goal is reached!

***My children,
for eons you lived, suffered, loved and expected this
moment: The Return of your Groom.***

He now stands before you!

***Look in his eyes as he looks at you, with a deep loving
nature, as you have never known.***

You are ready, your heart begins to beat faster.

***Is it not an inspiring moment that can do the final steps you
now?***

Luckily for you, do not hesitate to face your great love.

***Truly, I say to you:
The moment of the wedding has come!***

Amen."

Note

This message from *I AM* is a very specific, extensive message and leads me now to write some additional words.

In recent days, the messages are becoming more intense and detailed, even if not all of the information will be posted here. Today after receipt of the message, I was affected and surprised by part of the message, "**The return of your Groom**".

Since I do not belong to any of the world's faiths, this statement bothered me at first.

Although I "officially" was Catholic until the age of 16 - I have been non-denominational since then - this expression was strange.

As always, I started researching on the internet and I quickly realized that this research has already been "done".

The information I found in the search, **is important for this message.**

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Moreover, for me, this tightly woven network of information acts as a complex tangle of threads through the many different and symbolic messages, which today became manifest for me this morning and now **reveals more and more, its full meaning.**

What significance then, does "The Return of the Groom" have?.

For the interested reader I offer, to the appropriate inquirers, the answer:

* [The bride of Jesus](#)

and also

* [The parable of the 10 virgins](#)

* [10 virgins - Second Coming and the end of the world](#)

Again and again I am asked by readers: **"What do these messages mean?"** and **"When does "it" happen?"**.

Today, since I received this message, I will try to answer:

- Do these messages have something to do with some of the biblical "Revelation" and "Apocalypse" themes? - Yes!
- Do these messages have something to do with the biblical Gospels of Matthew, Luke and Daniel for the end times? - Yes!
- Do these messages have something to do with the biblical "rapture"? - Yes!
- Do these messages have something to do with Native American lore and the "Return of the White Buffalo Woman" & with the prophecies of the Lakota? - Yes!
- Do these messages have something to do with the "Fifth Age" & the prophecies of the Hopi? - Yes!
- Do these messages have something to do with the prophecies of "The Ascension of the Earth" of the New Age movement? - Yes!
- Do these messages have something to do with the prophecies of the "shift in consciousness and the beginning of the Golden Age"- Yes!
- And finally, "When shall these things happen?". Again, I was led this morning, to the speech of Jesus about the Last Days - (Mark chapter 13.32): "But of that day and hour no one knows, neither the angels in heaven, nor the Son, but the Father."

A few days ago I received on that night following short and very strong message:

I AM:

„The promises are now being fulfilled!"

The last promise listed in [Biblischen Verheißungen](#) refers to the biblical Revelation 21: 4- promising an end to death, sorrow and the pain, by God:

„"And God shall wipe away all tears from their eyes, and death will be no more, neither sorrow, nor crying, nor pain

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any more;. For the former things have passed."

Similarly, I was led to the book of "Amos" and to Chapter 3:

3 Will two people walk together unless they have agreed to do so? 4 Does a lion roar in the forest when it has no prey? Does a young lion cry out from its den if it has caught nothing? 5 Will a bird fall into a trap on the ground when there is no bait for it? Will a trap spring up from the ground when it has taken nothing? 6 If a ram's horn is blown in a city, won't people tremble? If disaster falls on a city, is it the Lord who has done it?

7 Surely the Lord God does nothing without revealing his secret to his servants the prophets. ...

On March 17, 2015

At night, I woke up and received another message from *I AM* for the *Golden Book*. It is titled "The Painting":

I AM:

***„My Children,
lean back and look at yourselves and at the work that you
created.***

Is it not beautiful?

***Keep for one moment, the joy felt, when viewing your
artwork.***

You are the creator of a painting that is unparalleled!

***Consider your artwork as a complete painting, rich in colors,
tones, and light.***

It shines and sparkles, brining you to tears for its beauty.

It is done!

Now enjoy it, in all its glory.

***It is you yourself who you now consider; with your beauty,
that will stand forever.***

I rejoice to see you, you who are my beautiful bride!

Amen."

On March 18, 2015

Today's message of the *I AM* indicates that the chapter is nearing its end. Early in the morning, I received the following message

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entitled "Step Up To The Altar".

I AM:

„My Children,

It is time to take the step and not hesitate.

Therefore, take dress in hand, and proceed to the altar of Love.

How much have we waited for this moment, to see your shining face.

The community is gathered to receive you.

Breathe in deeply, as you now commit to take this step towards your future, which will be full of happiness.

This is it!

The celebration can begin...

in eternity

***So be it
Amen."***

On March 19, 2015

Early in the morning I received a new message from *I AM*. The chapter is ending and the message is entitled "The Portal Opens":

I AM:

„My beloved children,

so be it; that which darkens the day is the beginning of the night being shown to you.

When it is cold you will be held in my arms.

When you are lonely you will be given Love.

Have faith in the time that is now before you.

When the storm is raging, stand firm in your faith, and in me, your father, your mother.

***What I previously told you, is now arriving:
The Portal opens.***

Awaiting this moment,

***So be it
Amen."***

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Alfred: "Father-Mother is this the last message of the chapter?"

I AM: „Yes, so it is.

On March 24, 2015

These last days were marked by realistic dreams and steadily rising energies that seemed to totally flood my body.

Also last night I woke up and again immediately felt the presence of I AM.

Alfred: "Father-Mother?"

I AM: "Yes, my Child-Son" (*)

Alfred: "What great energy..."

I am still overwhelmed by the strong energy that flows through me...

I AM: "It begins..."

I AM: "Are you ready?"

Alfred: "Yes, Father-Mother"

I AM: "Now, write..."

I AM:

„My Children,

your heart beats faster because of the expectation, right?

So listen:

The time has come!

„Buckle up" you would say when things are now unfolding.

Take courage, be steadfast in your faith.

***I AM with you
forever***

Amen."

Note (*) "Child-Son"

Every now and then, with my communications that I receive, intentions and concepts that my "translation unit", as I call it, sometimes receives a challenging term.

By this I mean that my vocabulary has no direct equivalent for some of the received terms. So, I tried my "translation unit" - as in this case - to provide as accurate a description as possible, of the received term.

I AM expressed in this term (Child-Son) that on the one hand I was "his child", but at the same time, "his son". I do not know in German, a term that combines both in a word. Thus was produced by my "translation unit" a new word that was the best match for the idea that I AM provides: "Child-Son".

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Side note: I even considered "male child" So my "translation unit" obviously was not satisfied.

On April 11, 2015

Since the first message of the *I AM* in the last chapter "Accomplishment" I had not received any further communications for the *Golden Book*.

This has changed with tonight's message!

BACKGROUND

This night, the messages are, in my view, the most significant, because I received several messages within minutes from *I AM*, having the character of great urgency and importance. Moreover, after the first message of *I AM*, *YESHUA* also announced a message. All these messages came as a complete surprise for me and were marked by great force.

The following message, the third message, is a new page of the *Golden Book* given by *I AM*:

I AM:

***"My Children,
the time has come!***

In truth, the moment of ascension is coming!

Nothing will be the same!

There is happiness, peace and deep love that awaits you and it will accompany you on your wonderful path that is second to none.

You who are My Children now experience my power and joy that I give you!

Be careful and full of love in the final moments this era!

I embrace you with the wings of love and carry you up into the light!

Forever, you are mine

For Eternity

Amen."

Just a few seconds after receiving this message, *I AM* sent another message:

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I AM:

"Write it down, servant:

Love will reach you at any moment. Be ready!"

On April 24, 2015

This morning, I received a message from Andrea regarding her experience and the message that *I AM* delivered, which moved me deeply.

This message is entered at the request of the *I AM*, into the *Golden Book*, and is titled "The Open Sky"

Here is the experience of Andrea and the message from *I AM*:

I am in the midst of a universal Energy.

Right in front of me I see a giant entity of Light without physical body - bright turquoise to bright purple. It is Sandalphon (editor: Archangel Sandalphon- co-brother of Archangel Metatron)

He opens Heaven, which appeared to not have been closed, but it must have been; that was made apparent when he "lifted" a veil.

I looked deeper into the Universe, into a kind of throne of Light.

From there came a voice which vibrated in me and shook every cell of my sleeping body.

I AM: "You must trust yourself!

Trust yourself!"

Then, a pure white light rose from the throne and from there, this white light flowed out of the open sky.

Then came these words:

I AM: "I now go down,

to lift you up!"

However, this was not the case that the source of light was moving away from this place, but that an inexhaustible light flowed down to the earth.

That was sometime last night and I'm still reliving the moment - in the midst of this Energy. It overwhelmed me and enveloped me completely."

Andrea

On May 23, 2015

In this night and day, I received a new message from *I AM* for the last chapter and completion of the *Golden Book*.

We are approaching this recent message as the end of the chapter, and thus the end of the entire book.

The message is addressed to all people and is entitled "The Last Bell".

Please remember the message of the *Golden Book* of

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21 February 2015, "The Last Time".

Here is the very powerful message:

I AM:

***"My beloved children,
Who would have thought thousands of years
ago that I, your father, your mother, I, who
love so much I now ask you to commit to these
steps:***

***To purify yourselves, to remind you who I am
and who are you?***

***Yes, it is now My will that I proceed to stop
time and to create paradise.***

***Everything I did, to give you happiness, has
been disregarded; you have forgotten me in this
beautiful world you call Earth.***

***Surely, my patience is at an end, the garden is
newly tilled and the fruits, harvested.***

Who are the fruits, you might ask?

***There are those who have managed to grow in
the darkness and to see the light of day that is
I.***

***It is a shock so great that you will sink in awe
at the power of this event.***

***It is the awe of yourselves that makes you
pray.***

***So now for sure, that I will listen to you, I, who
live deep in your heart, I, who gave you life, so
that you may recognize your magnificence.***

***Be awake, my children and wait for that one
moment of return to the Garden of Love in the
Kingdom of Heaven.***

The garden is dug up and it is newly sown.

It is your wish, it is my will

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***For Eternity
Amen."***

Note

I AM sent me this message with a sense of "loving care for his beloved children" for now dawns a new era.

On September 6, 2015

This evening, I received a message from *I AM* which closes the chapter "Accomplishment" and is also the last message for the *Golden Book*.

This message of *God* is addressed to his children, to all of the humanity. This is the "Message to Humanity":

I AM:

***„My beloved children
and beloved humanity,***

***The time has come for the Truth to be revealed and it will
enthrall you, my children.***

***In the coming weeks, feel what will be disclosed to you, in
your hearts.***

The book is closed and the seal of secrecy is opened.

Expect greatness, when the winds of truth surround you.

Now, as this cycle ends, new pangs of birth announces itself.

***Bear this time of pain as a mother giving birth to her child
would. Be assured of your safety and welfare.***

***Do not be afraid, for you are my children; now see the light
of the world.***

The light of the world is my Eternity.

Amen."

In deep love
for "All-There-Is",
for *God*,
for *I AM*
Alfred

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Background

About 2 years ago I received one morning after waking up, that is, while I was fully awake, a short put concise message in the form of a very clear "thought", just as if I had been listening to the radio.

The message was:

"The prophecies will now become true!

Johannes"

I was then very irritated about the clear message and could not relate to the name of the "sender" of the message. As I do not belong to any of the big world religions or belief, did it take a while till I found a link to the so-called "Apocalypse of John" or Revelation of John in the bible.

Those that have followed my development of the last few years, know my path as a medium. As I have lots of experiences in connecting with the world on the other side, e.g. during contacts with the other side or out-of-body experiences, I have developed a big trust in these perceptions and the knowledge of how they are connected.

Introduction

Exactly this message that I received then, about "Prophecies which now become true", is developing big, breath-taking importance as I am receiving new messages since a few days, which relate to it.

About 8 weeks ago I started to get more and more messages about the current time and the time in front of us. They all carried the same message: The chaos will increase!

I was told that this "chaos" will show itself in all structures and on all levels, including nature, and that we should remain calm. Initially I only passed these messages to my closest associates and compared them with the current developments in society and nature with the "prophecies". As I am receiving the message now nearly every day and the way they are transmitted is in the form of a book that is writing itself (see below), I have decided to record these messages in a kind of diary and to publish them.

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At first I wanted to post the messages only on my Facebook page, but in the meantime I was guided more and more to publish it for all humans. You might have read the text a little bit in disbelief, or you might have nodded knowingly as you felt confirmed in your own experiences and perceptions. I am aware that the following will enforce the feelings and evaluations which are described above in one or the other direction and that some of you might turn away, shaking your head. Those that decide to read on might feel something within them, something they might not be able to explain or they know about it ...

Higher Self – Start of the Messages

A few months ago, my Higher Self started to prepare me step by step for something, which I could only guess at. These were lessons for me and the contents brought me to the edge of my mind and understanding. The first few lessons – if you can call it that – were about the meaning of the consciousness, its multi-dimensionality and timelessness.

I asked a lot of questions and patiently they were explained and answered.

Then a few weeks ago, the contents or rather the information that I received, changed. The messages were more about the time that lies in front of us, mankind.

I was given the strong impression, that this was not about a future that is far way, but about a few months.

An image, which my Higher Self used repeatedly to enforce this, was the picture of a "fairground", in which we as a soul (or consciousness) are located.

This image did not miss the point with me and helped me a lot and even allowed me to relax in looking at the current developments on our planet Earth and in my personal surroundings. I decide, whether I want to enjoy the ups-and-downs of a roller-coaster, or whether I prefer to visit a ghost ride to get to know the feeling of having goose bumps, or whether I prefer to simply walk through the fairground and to be a somewhat distant observer of what is happening.

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About 3 weeks ago (beginning of November 2014), I was informed by my Higher Self, that a new ghost ride had opened in the fairground. Most people who are on the fairground, my Higher Self told me, had obtained a ticket and were now in a long queue in order to enter. My Higher Self emphasized "they want to experience the horror" and said, "the exhibitors have thought of something special. There are things being shown, which have not seen before!"

As mentioned, I received this message about 3 weeks ago. About 2 weeks ago, the messages became more urgent with the hint, that the chaos was increasing and that we should stay calm.

Beginning of a new Phase of Messages

About 1 ½ weeks ago (beginning of December 2014), the messages changed and also the messengers have been changing since then. These messages have a high degree of symbolism and that is why I am adding comments to some of them. Please note, that what I write are messages from the other side.

Feel into them yourself and decide whether you can accept them and how to interpret them.

With the exception of my comments (which I have marked as such), I am passing them on as I received them. I want to highlight one thing: **all messages relate to the current time and the weeks and months in front of us.**

All messages were received in a relaxed wakeful state (alpha state).

The original messages are in German. The translators have tried to translate the message as accurately as possible.